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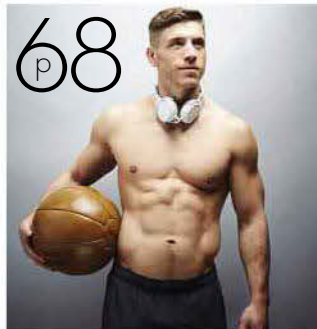
Unlock beast mode
with Hollywood star
Joe Manganiello



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SCREEN STRENGTH

Our expert panel picks the ten most impressive Hollywood action stars of all time - find out if you agree



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SOFT TOUCHES

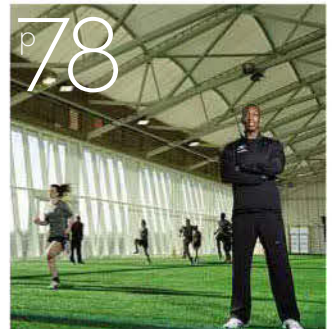
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EDITOR'S LETTER



Well, he said he'd be back. And yes, after a too-lengthy hiatus during which he's been,

er, governing California - proof, if you need it, that the willpower you build in the gym is applicable to basically anything - Arnold Schwarzenegger is once again bestriding the fitness world like an Austrian colossus. At one end of the scale, he's running his own gigantically successfully sports, strongman and bodybuilding contest the Arnold Sports Festival, at the other he's dishing out biceps-building tips on Reddit - and in between, of course, he's returning to the film franchise that made him a household name in *Terminator Genisys*.

But is he still the best? In the years since Conan and the Terminator launched a thousand fitness plans, the landscape of films has changed. These days, Action Man abs and a superhero V-shape are practically a leading-man prerequisite, and every A-listers wants to tell you how he learned krav maga or threw himself off a speeding truck for a role. We thought it was about time for a re-assessment of Hollywood's most physically imposing leading men, and so we assembled an *Expendables*-style team of experts to rank the top ten. The results on p52 might surprise - or infuriate - you.

On the cover, of course, we've got Arnold's training buddy and *Sabotage* co-star Joe Manganiello, who's no slouch himself. The *True Blood* wolf-man's own transformation is a testament



Don't agree with where we've ranked the Austrian Oak in the top ten? Or have anything else you want to tell us? Let us know @MensFitnessMag

to the power of hard work, and Manganiello himself is such a nice guy that it's impossible to begrudge him his success - even when your significant other's making moody eyes at *Magic Mike*.

Of course, it doesn't all have to be two-hour workouts and Tupperwares full of chicken, and there's plenty in this issue for the man after a less imposing physique. We've mined the latest science for simple ways to get a bit healthier (p68),

put together a workout that'll hit every muscle group you own in a mere 12 minutes (p114) and crafted a chest-builder you can do in your very own home (p122). The Governator, we're certain, would approve.

Joel Snape



@joelsnape

IN THIS ISSUE Just some of the knowledgeable pros you'll find in *MF* this month



DAVID KINGSBURY X-MAN MAKER

Hugh Jackman built a phenomenal body to play preternaturally-strong mutant Wolverine

in the *X-Men* movies - and as his trainer, Kingsbury is the man primarily responsible for that. He's now moved on to getting the entire cast of *X-Men: Days Of Future Past* in superhero shape - and you can follow his blockbuster plan on p139.



MICHAEL JOHNSON SPRINT LEGEND

Since August 1999, the 100m world record has been (legally) broken seven times

- but Johnson's 400m time has stood untouched. Nice laurels to rest on? In fact, Johnson has chosen to spend his retirement improving the standard of training around the world with his MJP centres, which he tells *MF* about on p78.



NICK MITCHELL ULTIMATE PT

When he's not coaching *MF* journo's into cover-model shape, Mitchell is an in-demand col-

umnist, trainer and body transformation expert. He's also is the founder of Ultimate Performance Fitness, which has seven locations in Europe and Asia. He makes it absolutely clear who he thinks is the greatest ever action movie star on p52.

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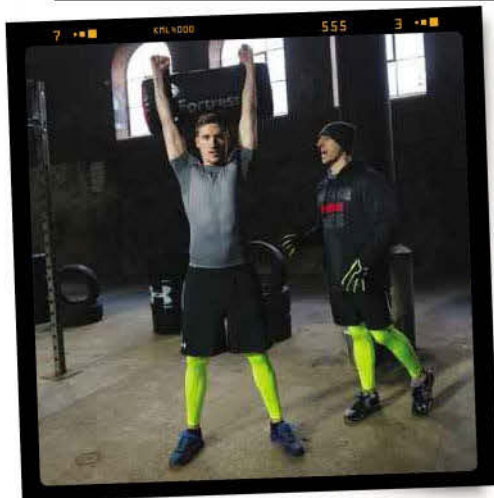


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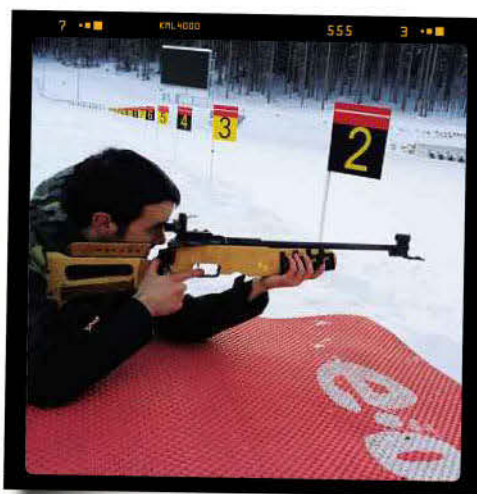
THE MFEERS

The staff of *Men's Fitness* are always in the thick of the action



Sam, fitness editor
#guineapig

Guided by Richard Tidmarsh, owner of London's Reach Fitness, I ran relentless sprints, flipped tyres and clean and pressed a 40kg bag to test Under Armour's new fluoro base layers. When the alternative is freezing to stone in an old power station, it's remarkable how hard you work.



Ben, deputy editor
#lockandload

I've been testing my sniping skills at the Pokljuka Biathlon Centre (center-pokljuka.si) in Slovenia's Triglav National Park. Attempting to hit a target from 50m is tricky at the best of times, but even more challenging when your heart rate hits 180bpm.



Max, head of digital content
#DEXAbodyscan

I'm starting a training plan to find out if it's possible to train for a marathon and get an impressive time without losing muscle mass. First port of call: BodyScan UK (bodyscanuk.com) to get my body composition analysed. I'll find out what difference the plan makes after 12 weeks.



Joel, acting editor
#topheavy

I hit a performance milestone this month by overhead squatting my own bodyweight - for five reps. I can't stand crunches, so core-heavy compound lifts are the only way I can keep my midsection in semi-respectable shape.



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Q What's the optimum number of eggs for my morning omelette?

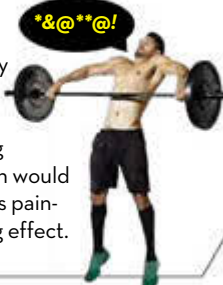
'You don't want more than 50g of protein in one sitting,' says nutritional therapist Anthea McCourtie (younutritionaltherapy.co.uk). With 6g of protein per egg, that means you can have up to eight. But, cautions McCourtie, 'egg yolks contain an omega 6 fatty acid called arachidonic acid, which can cause inflammation. To balance it, eat omega 3-rich foods like salmon or walnuts.' Or try protein guru Anna Sward's (proteinpow.com) suggested omelette made with two whole eggs and seven whites, which still provides 33g protein while keeping the arachidonic acid to a minimum.

Q Do ridges on my nails say anything about my nutrition?

'They are an indicator,' says performance nutritionist Ben Coomber (bencoomber.com). 'Fingernails, hair, skin and eyes often indicate nutrient deficiencies in your body as a result of your diet.' Vertical fingernail lines are most commonly due to ageing - but they can indicate a nutritional deficiency or illness. 'The best way to combat this is to get a hair mineral analysis so it can be pinpointed and fixed if needed,' Coomber says.

Q Is it true that swearing as I lift helps me achieve that little bit more?

Searching for an excuse for your foul mouth? We'll here's some good news for you: a study at Keele University found that swearing lessened pain in many people. Just don't get carried away - the study also found swearing too often would lessen its pain-reducing effect.



Photography | Stock

MFAQ

EVERY MONTH WE ANSWER THE KEY FITNESS QUESTIONS



Open water is unlikely to be seriously contaminated in the UK, but it's worth taking a few sensible precautions

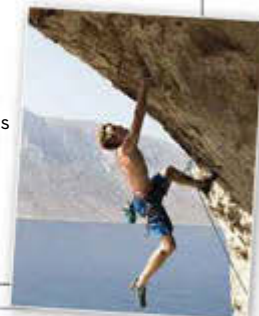
Q I'm starting to train for a triathlon. Do I need to worry about bacteria in open water?

While there's some risk of contamination in any open-water location, it's generally low in the UK. 'British Triathlon recommends a number of precautionary hygiene measures: cover any open cuts or scrapes before you swim, and afterwards shower in fresh water, rinse and clean all swimming kit including goggles and wash hands before eating and drinking,' says Vanessa Gunner, British Triathlon Federation coach and personal trainer (serpentine.org.uk). 'Seek medical advice if you develop severe headaches, red eyes, muscle pains and fatigue in the three weeks after your swim.'

last issue's issues

Q Reading about UK climber James Pearson has inspired me to hit the outdoors. How different will it be from my local climbing wall?

You mean are you more likely to fall to your death? 'The main difficulty will be the mental aspect. You're going from a low-stress environment with a regulated climate to one that's exposed to the elements,' says Rich Hudson, a personal trainer and climbing wall route-setter (castle-climbing.co.uk). 'You'll have to get used to holds that may break and don't adhere to set difficulty grades, as well as using your safety equipment. Make sure you're comfortable hanging around on the easier indoor routes so your stamina is as good as possible.'



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GET IN TOUCH

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THE BIG PICTURE

Falling into place

The Red Bull Air Force team covers a variety of skills – skydivers, base jumpers, wingsuit flyers, pilots, paratroopers – but they all have one thing in common: a total lack of fear. When invited to their training camp in Arizona to shoot them creating and practising new manoeuvres, photographer Michael Clarke found himself marvelling at their courage. 'Spending time with guys who seemed so genuinely fearless was a real eye-opener,' says Clarke. It rubbed off on him too. 'I was strapped to the outside of the plane as the pilot, Kirby Chambliss, flew as close as three metres to the freefalling divers, enabling me to capture that perfect, heart-wrenching moment just before the parachute is pulled.'







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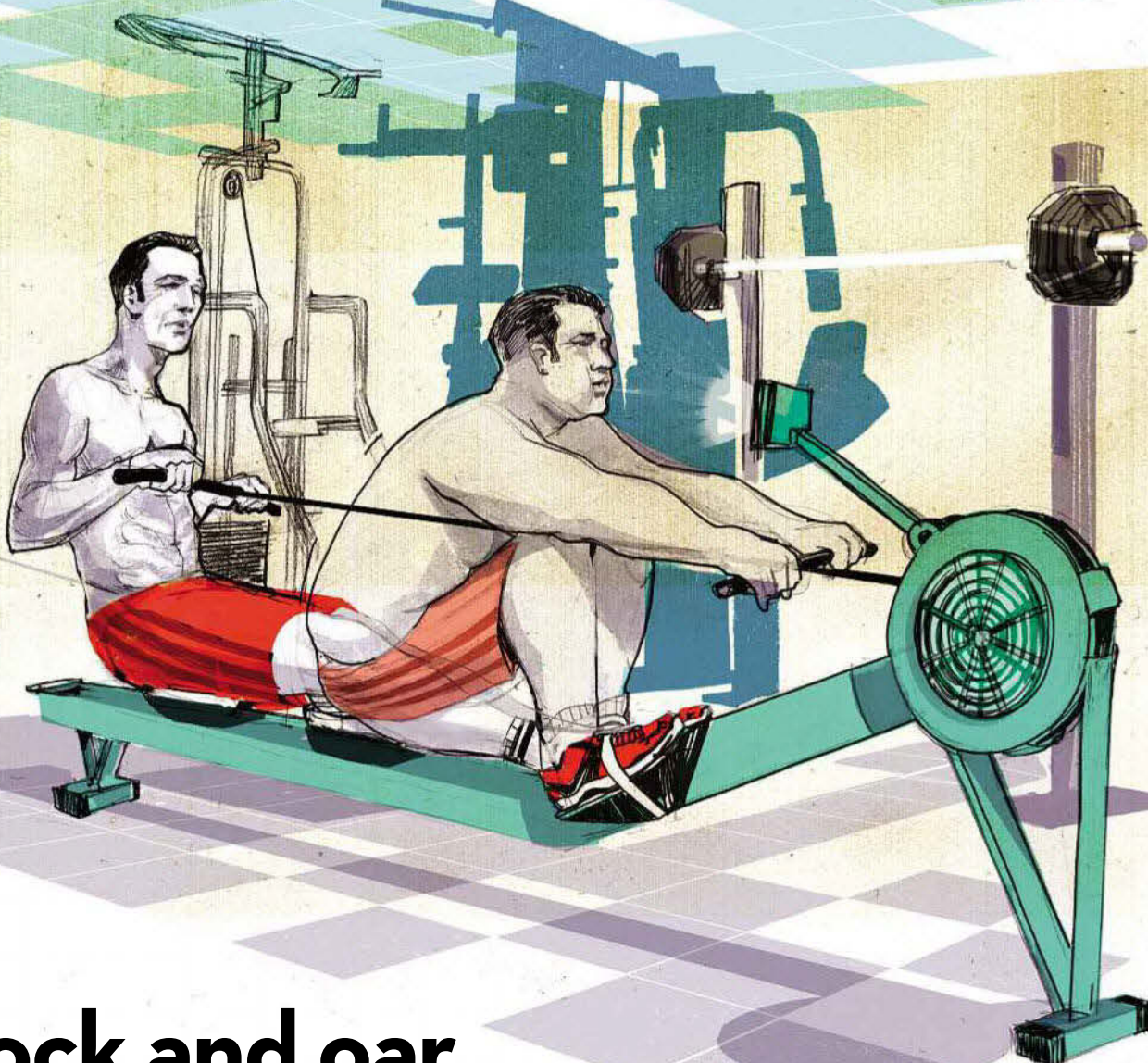
TRAINING

KIT

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Shock and oar

Want to get lean? Head for the rower

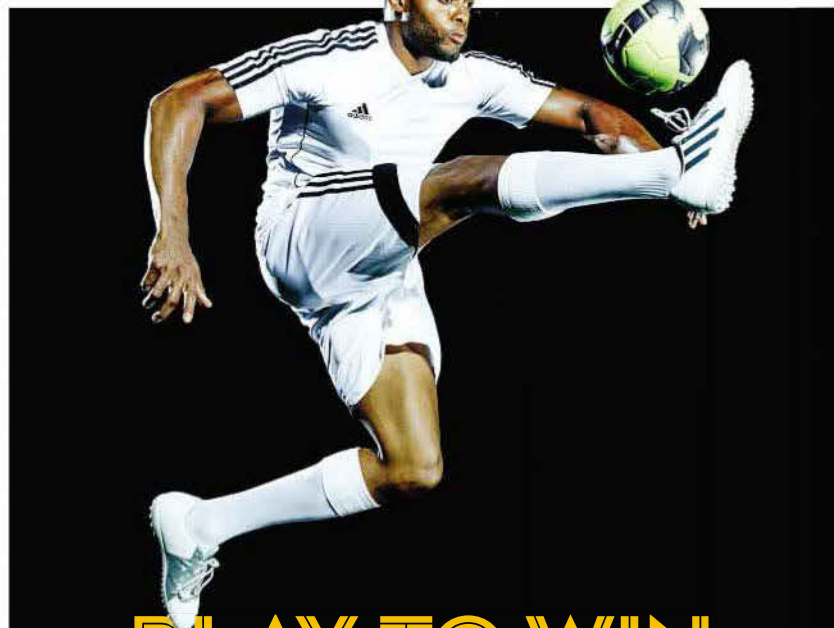
Still trying to cram weights sessions and cardio workouts into your busy schedule? If you want to lose fat, research from Duke University in the US has the answer for time-pressed gym-

goers: stick to cardio. Subjects taking part in the eight-month study were divided into groups doing resistance exercises, cardio workouts or a combination of the two. The cardio and combination

groups lost the most body mass, but the cardio group just shaded it, indicating that aerobic exercise gives the most fat-burning bang for your buck. Rowing is the smart choice because its low-impact

nature puts less pressure on your joints than the treadmill. Try ten rounds of 250m at maximum intensity and 250m of active recovery to shock your body into fat-burning mode.

Words: Max Anderton Illustration: Alex Green



PLAY TO WIN

YES, TIME ON THE FIVE-A-SIDE PITCH CAN MAKE YOU MORE ATTRACTIVE - IT'S SCIENCE

Been writing poetry to impress the girls? Toss away the quill and grab your tennis racket. Studies have regularly linked creativity to attraction, but according to recent research the type of creative behaviour you're displaying is crucial, says the *Journal Of Creative Behaviour*. The study, which analysed answers given by 696 young women, rated 'playing sports' as the single most appealing creative endeavour, with 'recording music' in at number three and 'writing poetry' all the way down at ten. The bottom-ranked creative endeavour? Event planning - save it for the LinkedIn profile and leave it off Tinder.

THE 7-MINUTE WORKOUT

SHORT OF TIME? PREP FOR *FURIOUS 7* WITH UNIVERSAL PICTURES CONSULTANT TRAINER RICHARD SCRIVENER'S FAT LOSS CIRCUIT. PERFORM TWICE FOR A QUICK HIT



SIDE HOP TO SPRINT

'Do 15 side jumps over a low hurdle,' says Scrivener. 'Sprint 10m after the final jump. Then walk back and repeat.'

Reps 5



PIVOT JUMP TO REACH

'Stand in a split stance with one arm and the opposite leg forward. Jump 180° and switch sides,' says Scrivener.

Reps 20



COSSACK SQUAT

'In a wide stance, squat and shift your weight to one side, straightening the non load-bearing leg,' says Scrivener.

Reps 10 each side

APP OF THE MONTH

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If you want to get fit but can't afford the gym, let alone a personal trainer, FitStar is the answer. The only app that adapts to your performance, it tailors home workouts just for you. Simply do an initial fitness test, input your goal

(burning fat, for example) and begin. Afterwards, rate your performance in each exercise, and FitStar adjusts the intensity accordingly. The basic version gives you two video workouts a week. Unlimited access is £5.99 a month or £22.99 a year - less than a month's gym membership. **iOS only**



FITNESS NEWS

TOP FIVE THE BEST MOVIE TRAINING SCENES - MF-ENHANCED



1 ROCKY

No cow carcass to hand? High-intensity intervals - 15 seconds on, 45 off, for 10 minutes - are all you need on the bag to develop co-ordination and endurance.



2 THE KARATE KID

Mr Miyagi uses domestic labour to teach dexterity but it also burns calories: half an hour raking leaves torches 220.



3 BRIDESMAIDS

'You look like bacon on a plate!' Terry Crews's drill sergeant motivates, but fails to mention sit-ups aren't effective. Swap them for weighted crunches.



4 BLOODSPORT

JCVD's rope-assisted static stretching routine is outdated. Use dynamic stretches before your workout to preserve strength.



5 GI JANE

If Demi Moore can do one-armed press-ups, you've got no excuse. Start on an incline, and work your way down until you can pull off this classic move.



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HEAT 'EM LEAN

Transform a carb-loaded meal into a fat-busting one - without changing ingredients. It's like magic

Is it time to rehabilitate the rigatoni? The science says yes. While modern diet dogma has it that white pasta creates too great a blood sugar spike for anything but a pre-marathon carb-load, help is at hand in the form of your microwave. According to recent research, cooled-down pasta creates a slightly smaller blood sugar surge because it's more resistant to the gut enzymes that break carbs down. And it doesn't end there: a recent study carried out for the BBC's *Trust Me I'm A Doctor* found that if you eat reheated pasta, the body treats it like fibre, reducing the blood glucose spike by up to 50% and even absorbing fewer calories. Sadly, reheated pizza remains a no-no.

MAKING WAVES

Three more ways your microwave can help you eat healthily

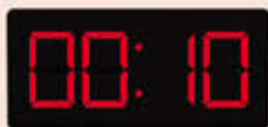


LOW HIGH



SUPER SOAKER

Dried beans and lentils need to be soaked overnight. Got time for that? Us neither. Instead, put them in a bowl of water, blast for ten minutes on high then leave for 30 minutes.



LOW HIGH



JUICE LOOSENER

Get more juice from lemons and limes by microwaving them for ten to 20 seconds on medium. The heat makes the flesh softer so they're easier to squeeze, while the membranes holding the juice in burst more easily.



LOW HIGH



EASY PEEL

Garlic skins can be fiddly to get off. Place one head of garlic in the microwave for 20 seconds on medium and each clove will slide out of its skin with the gentlest of encouragement.

NUTRITION NEWS

OIL RICH

The latest science on the stuff you cook with



COCONUT OIL

The medium-chain triglycerides in coconut oil can increase energy expenditure by as much as 5%, which helps you burn more calories through the day.



RAPSEED OIL

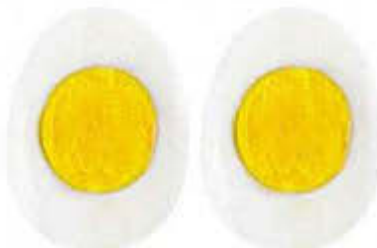
Rick in healthy fats including omega 3, 6 and 9, rapeseed oil also has a high smoke point - the temperature at which it releases dangerous compounds - making it perfect for frying.



OLIVE OIL

While olive oil also has plenty of good fats it's the antioxidants that make it so healthy. One of these, oleocanthal, has similar anti-inflammatory effects to ibuprofen.

1



One egg contains 100% of the essential amino acids - the ones the body can't make so you need in your diet

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Photo by Sean Afnan



Mitch Lee – Professional Freerunner and Healthy Chef

3-MINUTE MASTERCLASS SKIPPING

DEFINITELY NOT JUST FOR PLAYGROUNDS ANY MORE



EVERYBODY JUMP

Once reserved for boxers and small children, skipping is now one of those things you ought to be able to do, like swimming a length underwater or nonchalantly leaping a fence. All the cool kids, from CrossFit Games champions to devotees of new gym trend Punk Rope, are doing it - and since it torches fat while improving co-ordination, you should too.

THE ESSENTIALS

Is your footwork less Joe Calzaghe and more Eric Pickles? Practise these three key moves

1 SIDE SWING

Stumbling over the rope before you can get going? This Floyd Mayweather move can help. Get the rope up to speed by swinging it in figure-8s around your body before you take your first leap.



2 ALI SHUFFLE

A boxing classic. Starting with one foot forward and the other back, switch the position of your feet between spins. The GOAT-standard is two jumps per swing.



3 CROSSOVERS

The ultimate show-off move - but not really that hard. With every other rotation, cross your arms, keeping your jump tempo the same. Once you've nailed the pattern, speed up.



THE DOUBLE-UNDER

Doing two spins for every jump is a staple of fitness competitions, and torches fat. CrossFit athlete James St Leger explains the form

'Keep your chest up and your arms relaxed, and turn the rope with your wrists.'

'To achieve your first double-under, get extra height in your bound - your calves should do the work. Focus on rope speed, powering it from your wrists.'

'Jump just before the rope hits the floor in front of you, then go back to normal skipping. When you've got the form, work on stringing them together.'



156

The current world record for skips done in one minute - while keeping a football aloft. Think you can do better? Here's some motivation: the current record holder is Peter Nestler, an American. For shame, British skippers.

KNOW THE ROPES

WEIGHTED

Want extra forearm work? Get a rope with weighted handles like the Nike 2.0, though it won't be ideal for tricks. £14 sportsshoes.com



SPEED

A lightweight speed-rope is fine for most standard skipping. Look for one with plastic handles and a comfortable feel, like this one from Reebok. £7 reebok.com



BEARING

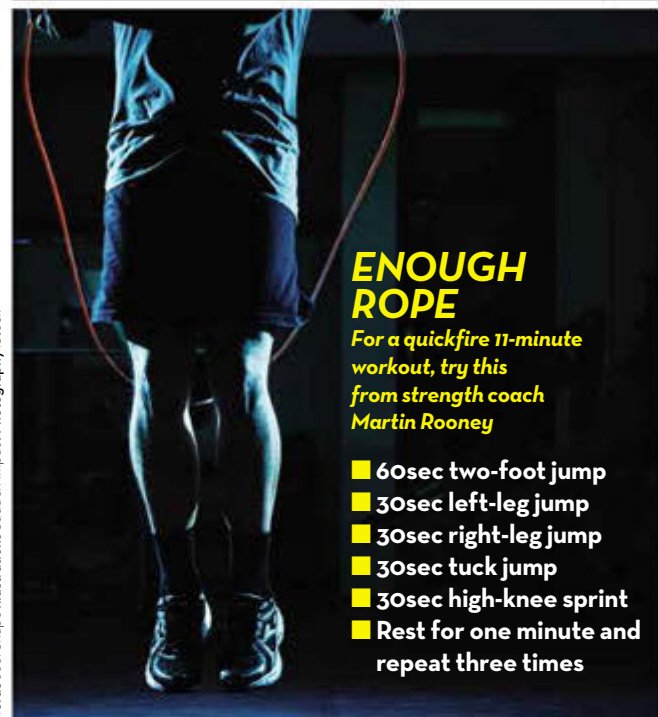
If your competitive success relies on rope speed, it's worth investing in a rotating-handled rope. Rogue sets the industry standard. £12 roguefitness.com



ENOUGH ROPE

For a quickfire 11-minute workout, try this from strength coach Martin Rooney

- 60sec two-foot jump
- 30sec left-leg jump
- 30sec right-leg jump
- 30sec tuck jump
- 30sec high-knee sprint
- Rest for one minute and repeat three times



Words Joel Shape Illustrations Sudden Impact Photography/Stock

6000
The number of calories you can burn in an hour's skipping





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Give it a rest

Build static strength and gym-ready abs with the front leaning rest

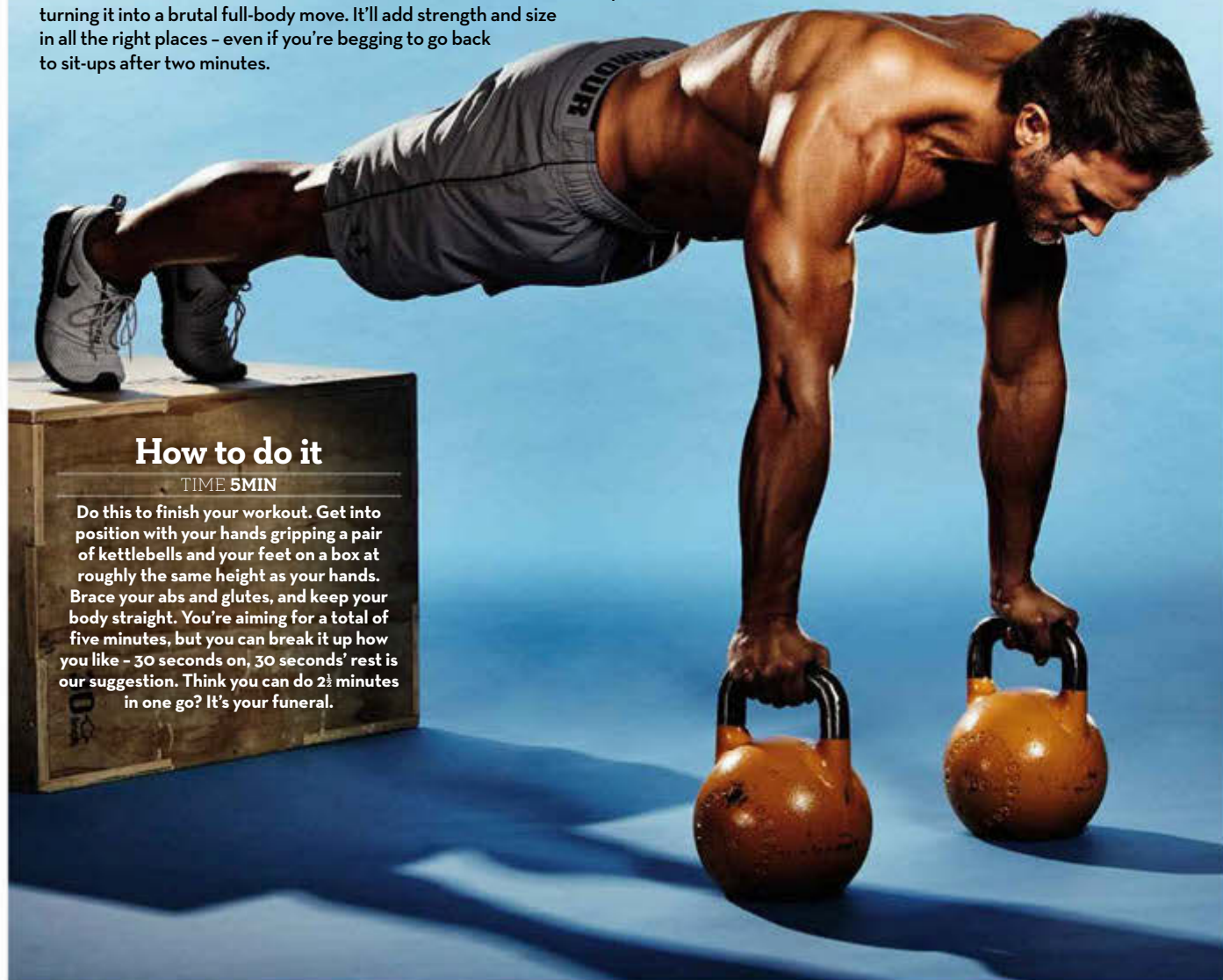
Want better abs without moving a muscle? Be careful what you wish for. Isometric training – basically, anything where you tense your muscles without moving – can be more effective than sit-ups, but it's no less challenging. It's been used for decades, and with good reason: according to one German study, a single daily effort of six seconds at a time increased strength 5% a week, and not just in the isometric position but throughout the muscle's entire range of motion.

With all that in mind, allow us to introduce the front leaning rest. This plank alternative adds shoulder tension to the classic abs-builder's list of requirements, turning it into a brutal full-body move. It'll add strength and size in all the right places – even if you're begging to go back to sit-ups after two minutes.

How to do it

TIME 5MIN

Do this to finish your workout. Get into position with your hands gripping a pair of kettlebells and your feet on a box at roughly the same height as your hands. Brace your abs and glutes, and keep your body straight. You're aiming for a total of five minutes, but you can break it up how you like – 30 seconds on, 30 seconds' rest is our suggestion. Think you can do 2½ minutes in one go? It's your funeral.



FRONT LOADED

Chest refusing to grow? Recent studies suggest that the barbell bench press just doesn't cut it. Here's MF model Kirk Miller on what works



TAKE AN ANGLE

Dumbbells beat barbells for most bench-pressing moves – they prevent imbalances and reduce strain on your elbows. 'Twist your wrists about 20° on every move to isolate your pecs,' says Miller (pictured).

DON'T FEAR THE GUILLOTINE

'I never flat bench,' says Miller. 'For me, and a lot of other people, it only really works the shoulders and triceps. To hit my chest I do light guillotine presses.' This is like a bench press, except you lower the bar until it's a couple of centimetres above your neck.

SQUEEZY DOES IT

'Don't lock your elbows out at the top of any moves,' says Miller. 'Instead, stop just short of the top and do an isometric squeeze.' You'll also build the mind-muscle connection – helping your pec dance.



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Hail Caesar

Upgrade a classic to boost your muscle-building efforts



When it comes to clean eating, salads can be deceptive. Case in point: the Caesar, which usually has a creamy dressing that's worse for your waistline

than a typical takeaway. Instead, this *MF*-approved version features a healthy dressing of protein-rich yogurt, anchovy and parmesan to help you pack on muscle. Optional: double the bacon to bump the protein quota to 99g per serving. It's a meal fit for an emperor.

CHICKEN CAESAR SALAD

INGREDIENTS (SERVES 1)

1 chicken breast, grilled and sliced /
2 rashers of bacon, grilled and chopped /
½ a head of cos lettuce, roughly chopped /
2 slices of wholemeal bread, toasted and broken into crouton-sized pieces

For the dressing 4tbsp natural yogurt /
1 anchovy, finely chopped / 1tbsp parmesan, finely grated / Salt and pepper

TO MAKE

- Mix the dressing ingredients together.
- Mix all the remaining ingredients, garnish with the dressing and serve.

CALORIES

765

PROTEIN

80g

CARBS

38g

FAT

31g

CHICKEN
provides
VITAMIN B3,
which INHIBITS
FAT STORAGE

WHOLEMEAL
BREAD provides
FIBRE, which
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FEEL FULL

PARMESAN
provides
CALCIUM, which
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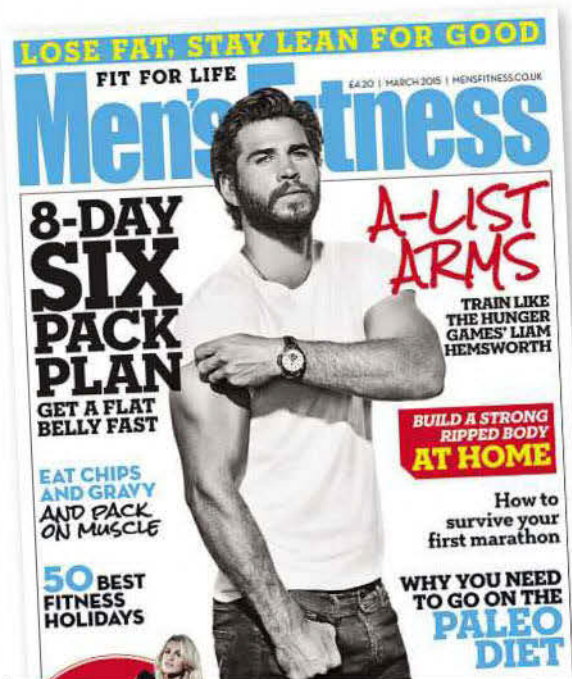


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£500 rsscan.co.uk

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Ashley Theophane

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Cool clothes that offer more than meets the eye



1

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6

1 REALITY DREAMS DOGSTOOTH T-SHIRT

£35 reality-dreams.co.uk

Made with gym-goers in mind, this cotton T-shirt is larger in the arms and chest to accommodate a big frame – so you never look like Bruce Banner on a bad day again.

2 LEVI'S COMMUTER 504 JEANS

£90 levi.co.uk

With more room around the thighs than standard cuts, these also have a reflective inner that's visible when rolled up, making them ideal for the muscular cycle commuter.

3 NIKE AIR MAX 1 ULTRA MOIRE TRAINER

£105 footasylum.com

Nike has enhanced its classic Air Max range with a super-breathable, laser-perforated upper. Made from a single piece of material, it ditches seams and increases durability.

4 SHERPA LOBUTSE JACKET

£140

sherpaadventuregear.co.uk

Laugh in the face of British weather with three-layer laminate that's waterproof, wind-proof and breathable.

It's made in Nepal and a portion of the proceeds go to the Paldorje Education Foundation for Sherpa children.

5 SPOKE BULLETPROOF CHINOS

£90 spoke-london.com

Think chinos are insipid 'leisurewear'? Not these – they combine smooth cotton with elastacene for a better fit, all coated with water- and dirt-repellant nano-technology to ensure you're always ready for action.

6 MERRELL FREEWHEEL LACE SHOE

£80 merrell.com

This looks like a standard smart casual shoe, but the flexible forefoot, cushioned heel and chunky grip will make light work of hiking, while the rigid midfoot ensures maximum power transfer when cycling.

Running jackets

As the harsh winter chill makes way for warmer weather, it's the perfect time to train outdoors. Do it in style and comfort with a jacket that will protect you from the elements

1 PEARL IZUMI FLY SOFTSHELL

£90 pearlizumi.co.uk

Pearl Izumi has re-imagined the classic tracksuit top, making it more stylish and functional than its 80s counterparts. It blocks wind while still being breathable, and is thick enough that you don't need to keep moving the whole time to fend off the cold. The stretchy material has a slightly longer back to stop it from riding up, which keeps draughts out and means you don't have to keep tugging it down to preserve your modesty. Wind can't sneak up the armholes either, thanks to a skintight inner sleeve that starts at the wrist. It'll cope with a light shower, but this one's really intended for cold, windy days, not rainy ones. All we need now is the matching tracksuit bottoms.

PROS

■ Soft, comfortable material ■ Retro look with modern features

CONS

■ Not suitable for wet weather ■ Minimal reflectivity

VERDICT ●●●●● A stylish and comfy top that will keep you warm even on frosty days

2 BROOKS LSD LITE JACKET IV

£90 brooksrunning.com

Unless you're running in sub-zero temperatures you only need a light jacket, and this one's so light it's like having a second skin that's windproof and waterproof. However, it's not made from breathable material, so if the sun does grace you with its presence things can get a little clammy. An adjustable back vent is supposed to help stop you from overheating, but we found it less than effective. If do you start to sweat, all 99g of the jacket can easily be stuffed into its own back pocket, while if the wind gets up you can stow the hood away so it doesn't flap about. Despite the muted colour scheme, reflective details keep you visible in low light.

PROS

■ Ultra-lightweight ■ Packs away easily

CONS

■ Too thin for cooler conditions ■ Clings to sweaty skin

VERDICT ●●●●● Perfect for staying protected from the weather on breezy, rainy spring days

3 UNDER ARMOUR LTWT WARM-UP

£50 underarmour.co.uk

The soft mesh lining in this jacket feels ultra-comfy against bare skin, making it perfect to sling on between laps in the pool, after races or to and from the gym. It'll keep you from freezing while training, plus the material across the upper chest and shoulders is water-resistant; however, it's not particularly thick so it's best suited to fair weather. Moisture-wicking properties mean it actively draws sweat from your skin - stopping it from gathering, drying and eventually smelling. Sadly, that doesn't mean you'll never have to wash it, but it does mean it will take longer to develop a musty odour if you ever chuck it in your bag and forget about it.

PROS

■ Slim, well-fitting cut ■ Good sweat management

CONS

■ Only partly water-resistant ■ No zips on pockets

VERDICT ●●●●● Reasonably priced and comfortable with good moisture management

4 GLOFASTER

£140 (£240 with Glofaster Gizmo) glofaster.com

Made from waterproof yet breathable material that's both stretchy and lightweight, this jacket hugs the torso snugly thanks to an ergonomic cut that's designed not to restrict your movements. So far, so good, but it's the wearable tech aspect that makes it extraordinary. LED lights run down the front, back and arms, and they don't just mean you're easy to spot in the dark - they also give live feedback on your performance. Simply set your parameters (heart rate zone you want to train in, pace you want to run at and so on) on the companion app and it visually lets you know if you're sticking to your targets, meaning your phone can stay safely in one of the waterproof pockets for the duration of your session.

PROS

■ Training aid and jacket in one ■ Highly visible in low light

CONS

■ Not good for big-chested guys ■ Awkward LED switches

VERDICT ●●●●● Take your running to the next level with the help of this tech-infused jacket





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Use these to protect your mitts and improve your lifts



1 GRIPP ULTRA LIQUID CHALK

£10 gripp.co.uk

Use this to put an extra layer between your skin and the bar. It also increases your grip, but unlike traditional chalk there's no cloud of dust, so you won't finish your session looking like Tony Montana.



2 RDX WEIGHTLIFTING STRAPS

£7 rdxsports.com

The main purpose of a strap is to strengthen your grip, but it has the added bonus of protecting your hands from the rough surface of the bar. Plus, gel support prevents your wrist from bruising.



3 LONSDALE LEATHER WEIGHTLIFTING GLOVES

£3 lonsdale.com

With your fingers exposed in these leather gloves, you can get a proper feel for the weight, while the heel of your hand and wrist – the bits that take the biggest beating – are protected.



4 KOKOMELT POST-GYM KIT

£10 kokomelt.com

If your hands end up in tatters despite your best efforts, restore them to their former supple selves with this recovery kit, which uses natural oils to lock in moisture and soften hardened skin.

No sweat

Smell fresh all day long with the right antiperspirant

HOW IT WORKS

'Most antiperspirants use aluminum chlorohydrate to reduce sweat production in the skin's sweat glands,' says Dr Stefanie Williams, dermatologist and medical director at European Dermatology London (eudelo.com).

IS THAT SAFE?

'Yes, and it's totally fine to use an antiperspirant every day,' says Williams. 'However, there's a chance you could suffer skin irritation depending on the aluminum concentration.'

WHERE DOES THE SWEAT GO?

'Your body has the ability to regulate its water homeostasis in other ways,' says Williams. 'For example, you lose around 900ml of water everyday just through evaporation from the skin.'

HOW TO CHOOSE

'If you're worried about having a reaction, try a herbal antiperspirant or one with a lower concentration (around 6%) of aluminum chlorohydrate,' says Williams. 'Some packaging doesn't list the percentage so ask a pharmacist if you're unsure.'

1 ODABAN

£10.50 for 30ml odaban.com
Designed for heavy sweaters, this spray only needs to be applied once or twice a week before bed.

2 LYNX DRY GOLD TEMPTATION

£3 for 100ml mysupermarket.co.uk
This mini-can uses some kind of voodoo to fit 150ml in a 100ml container, making it perfect for your gym or wash bag.

3 SURE MEN INVISIBLE BLACK + WHITE

£3.40 for 125ml superdrug.com
The more your body moves, the more this antiperspirant works. It also keeps your shirt armpits free of nasty yellow stains.

4 NIVEA MEN STRESS PROTECT

£2.55 for 40ml shop.nivea.co.uk
As well as preventing everyday perspiration, this roll-on protects you from the even more pungent sweat caused by stress.

5 PERSPI-GUARD MAXIMUM 5

£12 for 50ml perspi-guard.com
Stay sweat-free for up to five days by applying this odourless spray before bed.

6 GILLETTE ARCTIC ICE

£1.85 for 150ml chemistdirect.co.uk
As well as preventing dampness, this captures sweat molecules and transforms them into beads of icy freshness.

7 THE BLUEBEARD'S REVENGE

£3 for 50ml bluebeards-revenge.co.uk
A roll-on that combines the natural antimicrobial properties of silver with aluminum to take out the bacteria that causes body odour.

8 CLINIQUE FOR MEN

£13 for 75g mankind.co.uk
Unlike many stick antiperspirants, this goes on dry, meaning you don't have to wait before dressing.

SENSITIVE SKIN

LONGEST LASTING



12



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IDEAL FOR GYM



4



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6

BEST VALUE

9 RIGHT GUARD XTREME COOL AIR-CONDITIONING EFFECT

£2.30 for 150ml boots.com

It promises to keep you sweat-free for 72 hours, but that's no excuse to skip the post-gym shower.

10 MÁDARA HERBAL

£8.80 for 50ml

madaracosmetics.com

Northern sage and minerals make this all-natural roll-on suitable for even the most sensitive skin types.

11 MOLTON BROWN SPORT

£16 for 75g moltonbrown.co.uk

The combination of moisturising oils, lime and nutmeg in this stick keeps your pits both smelling and feeling fresh.

12 SANEX MEN DERMO ACTIVE CONTROL

£2 for 150ml

pharmacy2u.co.uk

A powerful, 0% alcohol antiperspirant that's ideal for sensitive skin.

TV STAR

MEL SYKES

The presenter and *I'm A Celeb* runner-up admits she wasn't interested in fitness until her late 30s - and explains why discovering weight training changed her life

To men of a certain generation, Melanie Sykes will forever be linked to that Bod-dington's ad: so artistically shot, so clever, so... well, exciting. But approaching 45 the motor-mouthed Mancunian has a body you'd expect from someone half her age, and does numbers in the gym that put a lot of men to shame. Here, fresh from the *I'm A Celebrity* jungle, Sykes calls out girls who don't lift weights and explains how she got so ripped while still being partial to the odd porky pub snack.

As we saw in *I'm A Celeb*, you're in amazing shape. Have you always been into exercise?

I'm naturally slim so I never used to exercise at all. Then I hit 37 and thought it would be a good idea for my health, if nothing else. I started running because it seemed like the easiest thing, but I soon picked up a knee injury and my calves were getting chunky so I joined a gym. Initially, I didn't have a clue what to do, but I watched and copied other people for a bit, before eventually getting myself a trainer. It wasn't long before I was lifting weights, knew my way around a gym and was looking forward to sessions. I was already making good progress, but it wasn't until I changed my diet that I really saw a difference.

What was that change? And please don't say detoxing.

No, a sports nutrition company called Active Woman approached me. They do pre- and post-workout shakes, rehydration drinks, fat burners and fish oils. At first I wasn't interested because I assumed those kinds of supplements were just for body-builders. Then I agreed to try some of the products and was genuinely amazed. I could train for longer, my recovery was better and I got more ripped. Once I'd experienced the benefits of the supplements I was more than

happy to attach my name to them. Eventually they became my own products.

How consistent are you with the rest of your diet?

I don't overindulge - well, rarely - but I don't rule out anything either. I eat well for the most part so if I want to go out and have a drink I'll do it. Fuck it, I'll even have a packet of pork scratchings if I fancy one. That being said, if I know I've got a shoot coming up I won't drink for the week beforehand to ensure I'm feeling and looking as fresh as possible.

That's probably sensible. What about your gym routine - what's that like?

I typically do four to five hours a week of high-intensity training, usually circuits. Most sessions I'll blitz it on the bike, come off and do three sets of three arms exercises, get back on the bike, and then do the same with legs. I've got a naturally flat bottom so I work really hard on my glutes. Nicki Minaj

probably doesn't have anything to worry about, though.

You're too modest - but let's change tack. How did being on *I'm A Celeb* affect your training?

The main problem was the lack of protein that wasn't in the form of some kind of animal genitalia! My abs started popping like crazy and my arms looked really toned when I was in there, but that's because I lost so much body fat. I even trained with [fellow contestant] Jake Quickenden using logs, doing press-ups and some abs work, but we got too weak to do it because of the lack of food. ITV never showed any clips of our jungle boot camp sessions, which was annoying.

We agree - seeing those might have steered some people in the right direction. Relatedly, do you



'I'M HAPPY WITH MY BODY AND I'VE NEVER FELT STRONGER'

think women are starting to train differently these days?

The main difference is that athletic, muscular bodies are now fashionable for women. That fashion doesn't seem to be going anywhere - I hope it sticks around for good. Nowadays, you go to the gym and there are loads of older women with better bodies than the 20-year-olds who don't train. I'm 45 this year and I've never felt as good as I do now. The mainstream normalisation of exercise is partly to thank for that.

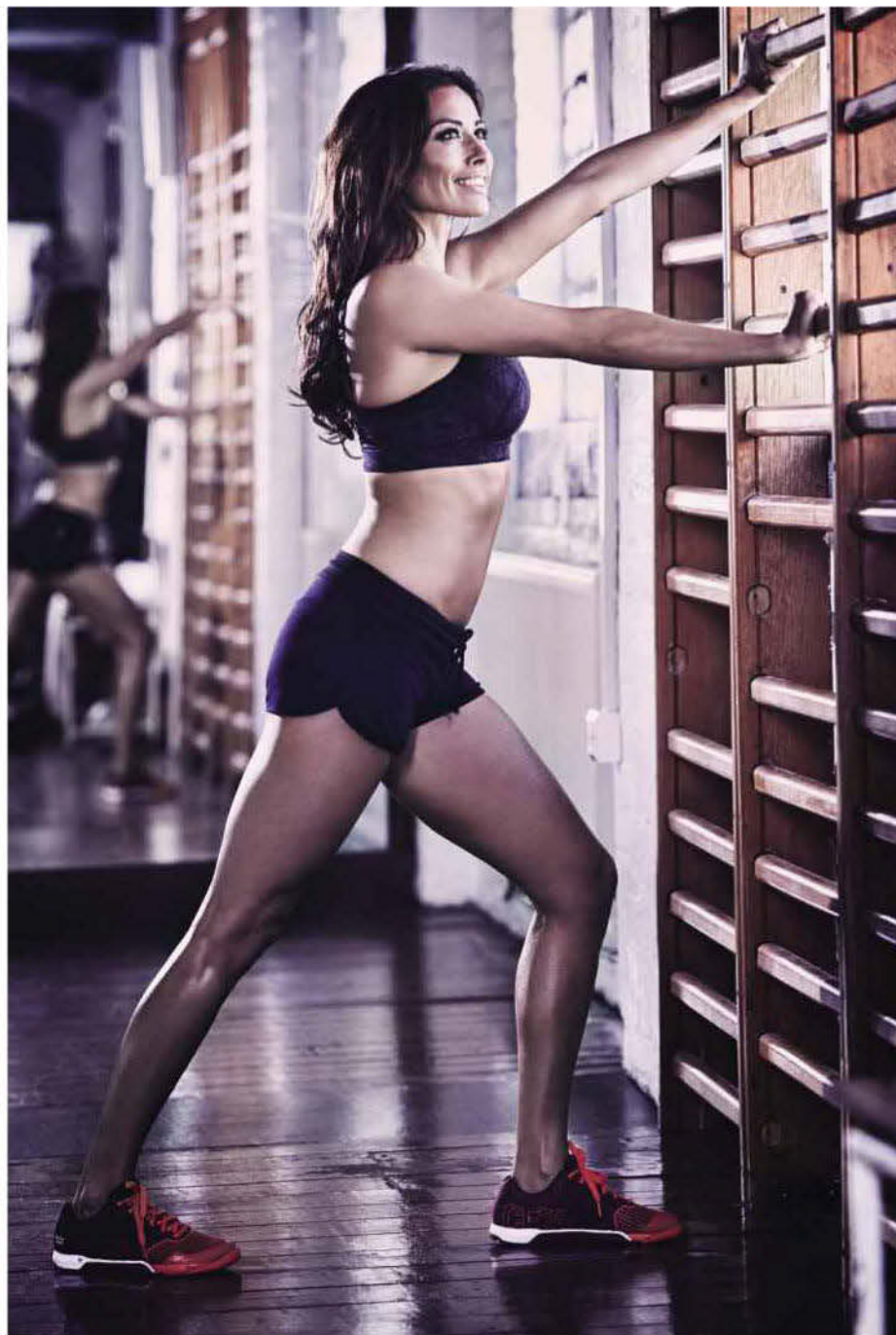
What's most surprised you about yourself since you started training?

Just how much I love it. I'm happy with my body at an age when some women are abandoning all hope, and as an added bonus I've never felt stronger. Don't get me wrong, there are some days when I go for a session with my personal trainer and I really don't want to do it. There are points where I even start to develop a healthy dislike for him, but once we're finished my endorphins are pumping and I'm as high as kite. I don't go to the gym to fuck about, and because I have that attitude I never leave it feeling bad or sorry for myself.

Have you got any fitness goals?

No. I've got what I want so it's all about maintenance now. Every time I go to the gym my goal is to finish the session. So far, I'm smashing it.

Active Woman nutrition and equipment is available from very.co.uk and bio-synergy.co.uk



BODDY BEAUTIFUL Do three rounds of Mel Sykes's total-body workout for ale-defying abs



DOUBLE KETTLEBELL FRONT SQUAT

'Make squats harder and more beneficial by holding kettlebells,' says Sykes. 'The extra weight also improves balance.'

REPS 10
REST 1MIN



ROMANIAN DEADLIFT

'Romanian deadlifts are a great way to practise the deadlift motion without putting too much pressure on your lower back,' says Sykes.



REPS 10
REST 1MIN



SIDE PLANK

'This is a core-strengthening, balance-testing move that's good to have in your repertoire because you can do it literally anywhere,' says Sykes.

TIME 1MIN
EACH SIDE
REST 1MIN

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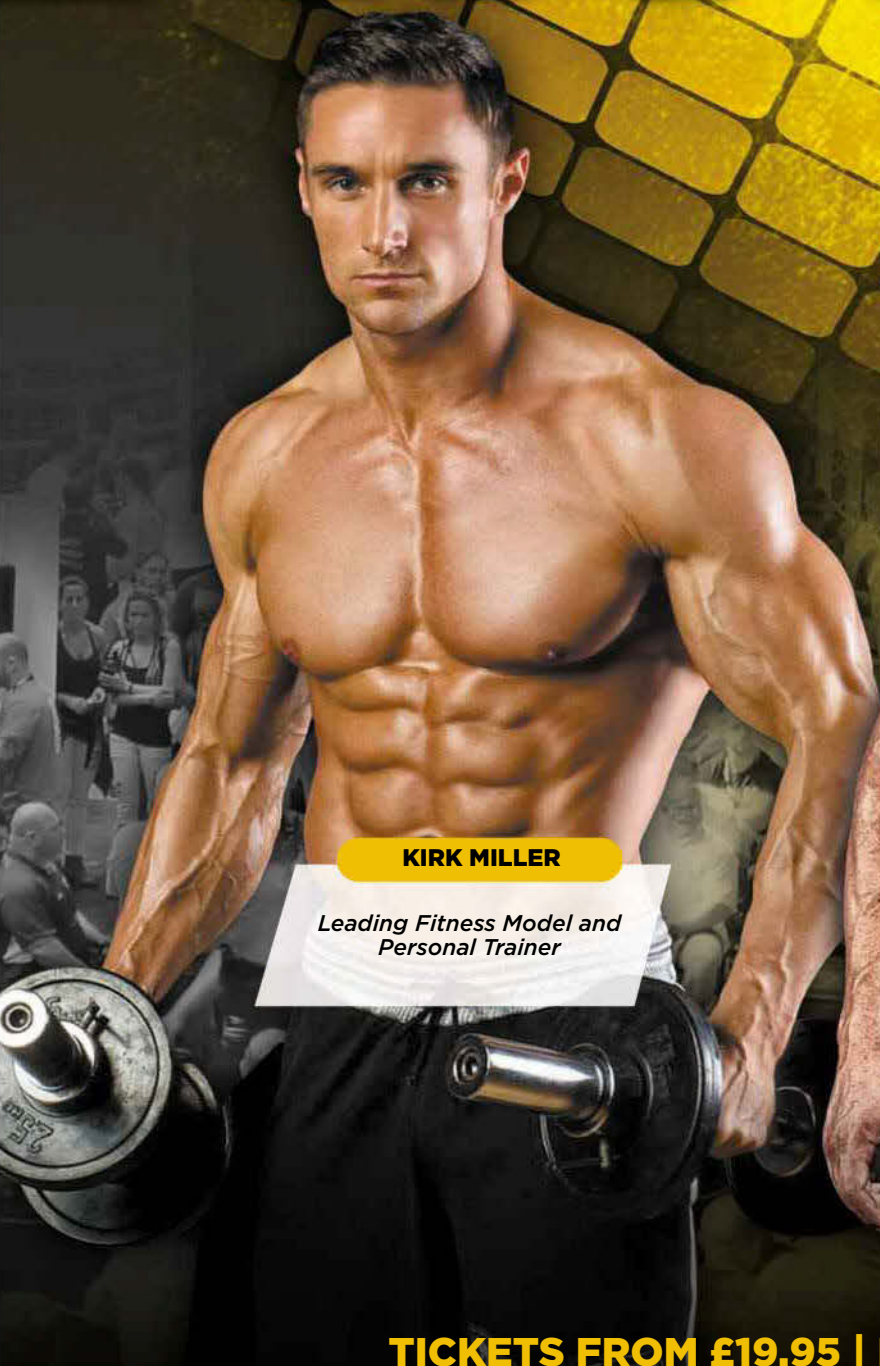
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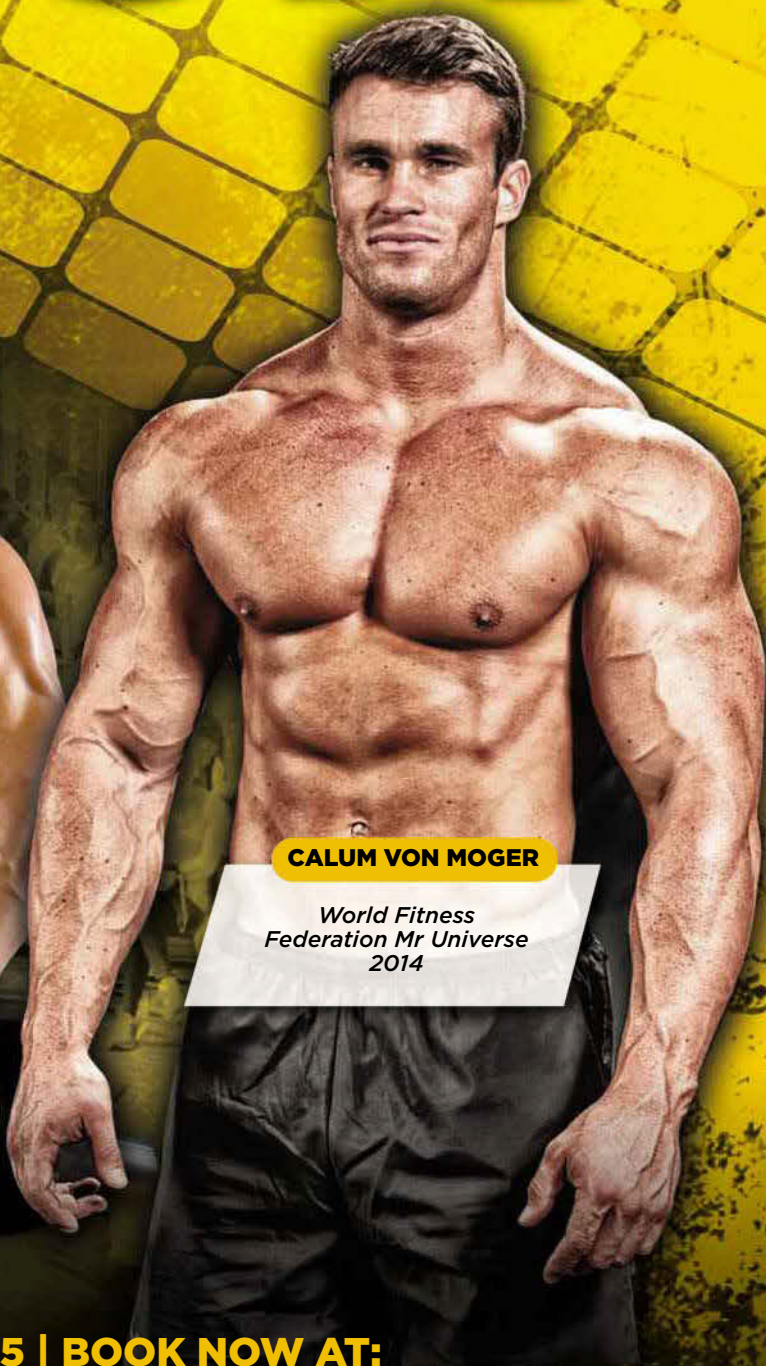
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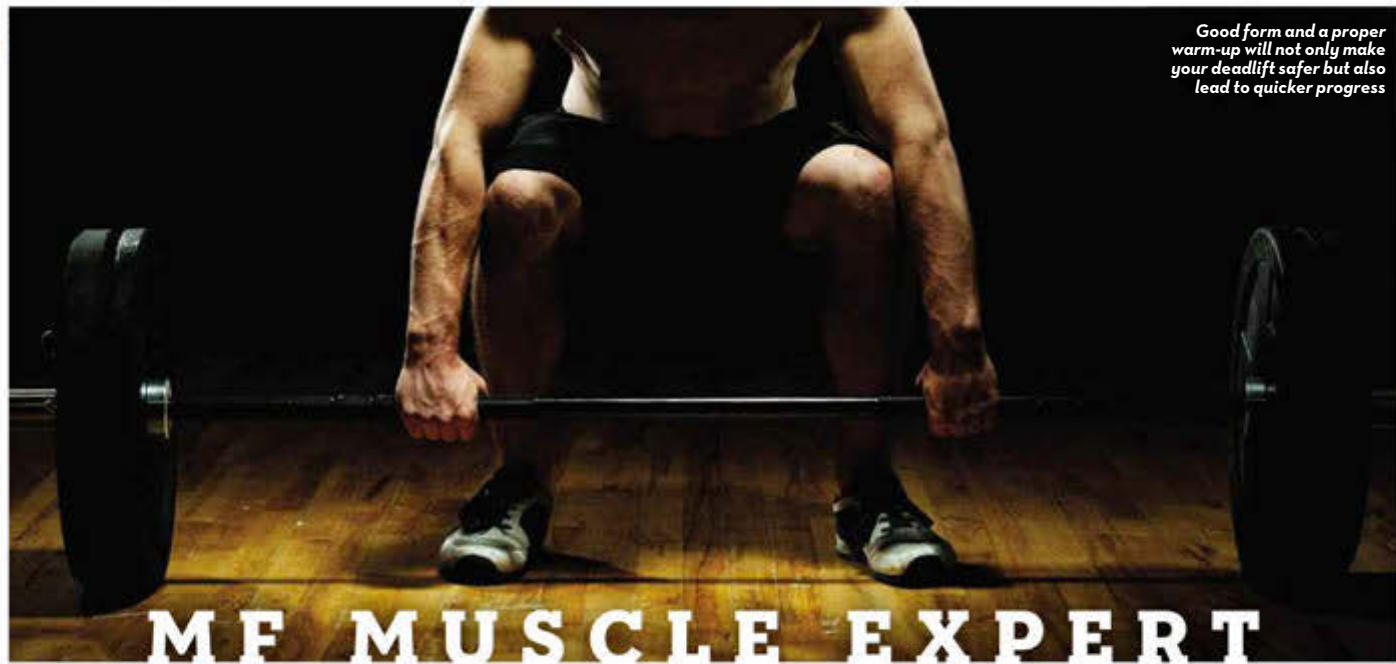
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Good form and a proper warm-up will not only make your deadlift safer but also lead to quicker progress

ME MUSCLE EXPERT

How do I deadlift more without getting injured?

More weight on the bar means more growth hormone - and muscle.
Warm up, go hard and go home safe

Lawrence Farncombe is a strength coach with 20 years' experience working with athletes in a variety of sports, including powerlifting, boxing and triathlon.

The deadlift is probably the most functional exercise you can do. It uses nearly every major muscle group and most of the small, stabilising muscles, which increases levels of growth hormone and testosterone to help you build strength and muscle mass. But like every big lift, it has risks if you don't warm up properly or you use incorrect form. These range from prolapsed discs and nerve impingement to ruptured tendons. But don't fret - following the steps below will ensure you avoid the pitfalls.

Warm welcome

Warming up is crucial for avoiding injury, especially for big compound lifts. For beginners, I'd first recommend lifting an



empty bar and focusing on form (see the box below). Then you can add weight with every subsequent warm-up set, increasing it each time by 10-20% of the weight you intend to lift in your main workout per set, until you reach around 80-90% of that. You should also perform extra reps during your early warm-up sets, then reduce the amount incrementally until you reach your main workout rep range in your final warm-up set.

So if your main workout is three sets of five reps with 100kg, warm up by perform-

ing eight reps with an Olympic bar (which weighs 20kg), followed by seven reps with 40kg, six reps with 60kg and five reps with 80kg, resting for two minutes between sets. This means the heavier you lift, the longer it takes to warm up, but it's worth the effort to stay injury-free.

Flex appeal

A key element of correct deadlift form is keeping your back flat with your spine in a neutral position, but this can be tricky if you're not flexible. Adding light Romanian deadlifts to your warm-up will help loosen your hamstrings, but if you're still struggling with form, try elevating the bar in a low rack, because this reduces the pressure on your lower back. As your hamstring flexibility improves, you can gradually reduce the elevation.

Deadlifting with a mixed grip (one hand in an overhand grip and the other underhand) allows you to lift more weight but increases spinal rotation and makes it harder to maintain a strong back position. If you want to keep the lift as safe as possible, stick to a regular grip. If you use a mixed grip, switch hands with every set to minimise the risk of muscle imbalances.

Perhaps the most important thing to remember is to train to technical failure rather than complete failure. Stop as soon as your form slips, rather than trying to force out extra reps. You'll progress faster and stay healthier.

Lawrence Farncombe is an ambassador for Bio-Synergy (bio-synergy.co.uk). For more info, visit strengthcoachfarncombe.co.uk

FORMULA WON

Eliminate the most common deadlift errors - and add plates to the bar

1 Stand with feet between shoulder and hip-width apart and the bar 3cm or so from your shins. Grab the bar just outside your legs using an overhand grip, arms locked out and as narrow as possible.

2 Bend your knees until your shins touch the bar, then squeeze your shoulder blades together, push your chest up and brace your core.

3 Lift the bar directly up, maintaining the arch in your back until the bar passes your knees, then push your pelvis forward, bringing your back into a vertical position, with the bar touching your legs throughout.

4 Lower under control by pushing your hips back, bending your knees as the bar passes the top of your shins.





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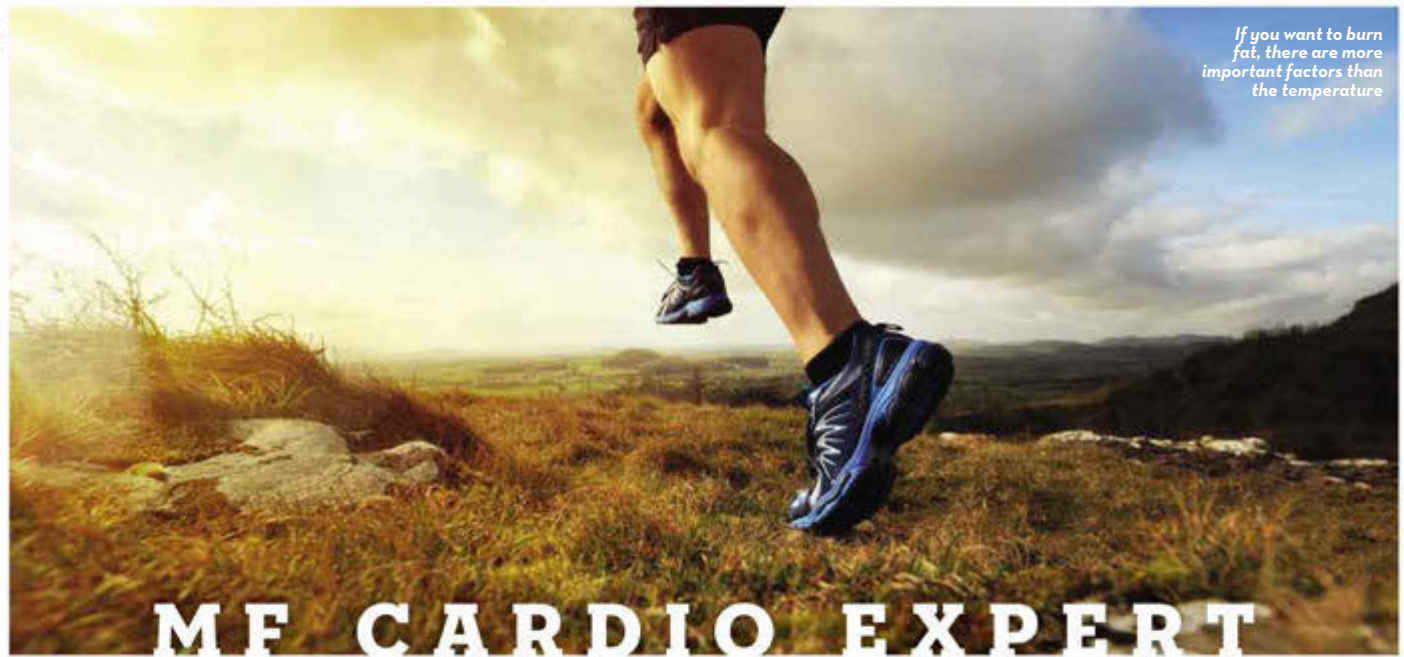
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A woman with dark hair in a ponytail, wearing a black and white patterned sports top, is performing a TRX exercise. She is holding the handles of a suspension strap with both hands, pulling them towards her chest. In the background, another person is visible, also working out with TRX straps. The background is a blurred gym setting with a purple wall.

Kirsty Gallacher

Sky Sports News presenter, fitness fanatic and Lifetime graduate



If you want to burn fat, there are more important factors than the temperature

Can I burn more fat by training outside?

Cold weather can make your body's metabolism speed up for a greater calorie burn – but that doesn't mean it's an effective fat-loss trick

Your body has to work harder in the cold to keep your temperature stable, and that can have a positive effect on fat loss – but, cautions coach and sports scientist Richard Brennan, that doesn't mean you can simply head out on a chilly day and expect the fat to melt away.

In cold environments, it's a little harder for your body to regulate temperature. This causes extra strain, which in turn causes your body's demand for all calories to go up. Logically it follows that training in the cold is better for fat loss. As with so many things in life, though, there's a little more to it than that.

Blood runs cold

Environmental conditions removing heat from your body causes what's known as 'cold stress' and, like other types of stress, it provokes physiological reactions. The key one for fat loss is that it speeds up your metabolism, which means you burn more calories.

Another reaction to cold stress is that your body diverts blood away from the surface of your muscles in an effort to keep itself warm. This means it's especially important to hydrate yourself fully before you train outside so your blood volume is at optimal levels.

In truth, though, the increase in metabolism speed caused by cold can be overstated. As a matter of fact, the biggest impact the cold has on your metabolism may be the influence it has on what you wear. Wearing heavier cold-weather kit



forces your base metabolic rate up because your body is forced to work harder. Cold itself isn't a reliable, effective fat loss tool.

Slow burn

If you really want to burn fat as a fuel during your workout, a much better tactic than trying to freeze yourself is to structure your workout to promote fat burning. This means

doing long, slow training as the base of your fitness. In addition to doing more complex, tough routines such as intervals and hill sprints, do lots of nice and easy, low-heart-rate stuff – at the end of the session you should feel, 'I could probably do that again at a push'.

People who ignore this slow-running base will not produce sufficient slow-twitch muscles fibres, which are full of mitochondria. These are the powerhouses of the cells and having lots of them helps to maximise your fat burning.

My advice? Get your slow-twitch muscle fibres sorted, get the mitochondria in there, and you'll be burning calories 24 hours a day, regardless of whether you're training in Aberdeen or Alicante.

Richard Brennan is managing director of Sports Science Consultants and is a Human Race coach (humanrace.co.uk)

COME IN FROM THE COLD

You can't shiver yourself lean – these are better ways to burn more fat

1 TRAIN RIGHT

'If you want to burn fat, don't go too hard too fast otherwise you'll burn more carbs,' says Brennan. 'At the start of your run keep your heart rate at 100bpm, then build it by 10bpm every five minutes. When you hit 140bpm, keep it there for 20 minutes.'

2 USE FATS AS FUEL

'Encourage your body to use fat as fuel through diet,' says Brennan. 'Eat foods with good fats such as oily fish, nuts and avocado. Work out before breakfast and use it to refuel.'



3 AVOID ENERGY DRINKS

'Great for performance, awful for fat burning,' says Brennan. 'They encourage your body to use carbs. Drink coconut water or add an electrolyte tablet to water.'



LONDON STYLE

This dazzling new Brooks running shoe brings comfort, speed and iconic design

The shoe you wear makes the difference between enduring running and enjoying it. The Brooks London Ghost 7 doesn't just make running comfortable, it makes it fun and vibrant – a celebration.

This shoe brings to life the celebratory spirit of the Virgin Money London Marathon, the UK's most exciting 26.2-mile challenge. A triple threat of balance, cushioning and lightweight materials, it's the neutral running shoe that

lets you kick back and soak up the race-day atmosphere or dig in, pick up the pace and claim a personal best.

This is the lightest, most comfortable Ghost yet, and comes in a limited-edition red telephone box design. It's set to launch at the Brooks stand at the Virgin Money London Marathon Expo – you can pre-order from sweatshop.co.uk and it'll be available from Sweatshop after the expo.

Love running? Let the world know.

Visit Brooks at the Virgin Money London Marathon Expo for a first look. Pre-order from sweatshop.co.uk

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BROOKS



MF NUTRITION EXPERT

Can supergreens replace my five a day?

They're a quick and easy way to get lots of nutrients - but do they make broccoli redundant?

Ross Edgley is a fitness and sports nutrition expert. A former strength and conditioning coach at the English Institute of Sport, he's the co-founder of nutrition company The Protein Works.

Everyone agrees: five a day is barely enough. In Denmark, the recommended dose of fruit and veg is six, in France it's ten, in Japan it's a staggering (though smaller-portioned) 17 - and yet here you are, struggling to manage a portion of broccoli and an apple. So if one supplement could offer you all the nutrients you need, you should go for it - right?

Super hero

Enter supergreens. These are essentially nutrient-dense fruits and vegetables, dried, processed, filtered and refined into a mixable powder that's easy to consume. Typically, they contain well-researched



vegetables such as spirulina, wheatgrass, spinach, kale and broccoli. Recently, though, more exotic additions have included acerola berries and matcha green tea.

The key effect supergreens have is on your immune system, which is weakened when exposed to periods of heavy, hard training. Studies at the University of Queensland, for instance, found that intensive exercise altered a number of immune factors including white blood cells, which help to protect

the body against micro-organisms causing disease. Supergreens will support this, as well as providing other micronutrients needed by the body - not just vitamins and minerals, but enzymes, phytonutrients and more.

Fresh start

Research has not shown any specific nutrient window for supergreens. Many people swear by taking them in the morning, which is fine, though evidence suggests any benefit of a morning dose is psychological. It's also fine to take them daily - you don't have to cycle their usage (take them for a while, then take a break), as some experts say you should with, say, creatine. Supergreens can and should be a regular fixture in your diet.

But can they ever replace vegetables altogether? Short answer: no. Research and experience shows that we should eat our nutrients as nature packaged them. For instance, a study published in the *American Journal Of Clinical Nutrition* found that having fruit in liquid form can dramatically change how your body processes it. But we all know it's hard to consume enough fruit and veg to get all the micronutrients we need - not to mention expensive - so why ignore something that would help?

Ultimately, it's about having a measured approach to your consumption of both. In other words, it's worth supplementing with supergreens - but you still have to eat your broccoli.

For more visit theproteinworks.com

EASE OF GREEN

Getting five a day doesn't need to be hard - fill up on nutrients with these simple recipes



BROCCOLI

High in antioxidants and vitamins, and guards against cancer and heart disease according to a US study. Part-fry it in butter, then throw in a splash of water and cover the pan to steam it the rest of the way.

KALE

Rich in lutein, which fights age-related disease, and vitamin E, which protects against pro-inflammatory molecules called cytokines. Sprinkle with lemon juice and bake it for kale 'crisps'.



SWEET POTATO

Technically not green, but high in vitamin C, which can stop the release of a cytokine called inter-leukine IL 6. Chop into wedges, sprinkle with paprika and olive oil, and roast for 20 minutes.



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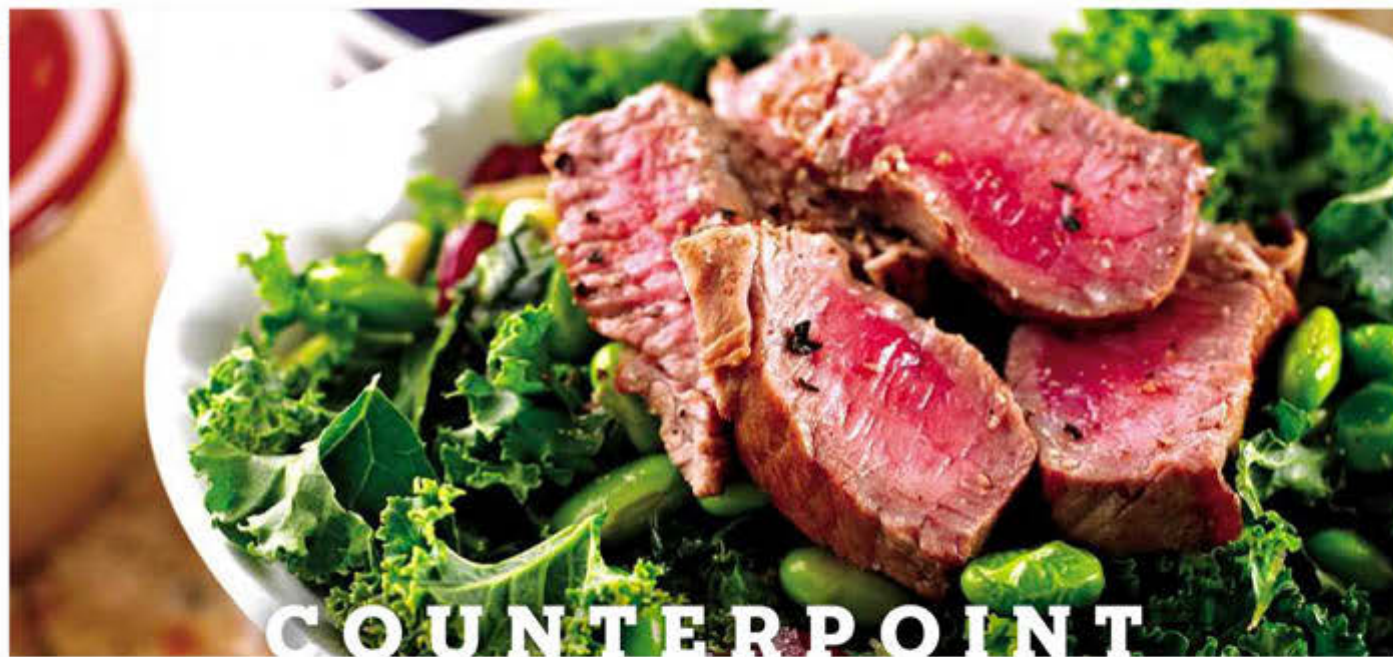
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Will the Paleo diet make me a better athlete?

Will eating like a caveman improve your performance? Two experts make their case

YES

says Darryl Edwards,
a trainer, Paleo
nutritionist and author
of *Paleo Fitness*



NO

says Christina Warinner,
professor of biological
anthropology at the
University of Oklahoma



If you want to get leaner, stronger, fitter and healthier, you need the Paleo diet. It's big on plants, nuts and animal meat, and avoids foods such as grains, legumes, refined sugar and dairy products that weren't available to our Paleolithic ancestors.

First let's look at energy. The low-glycaemic carbohydrate sources such as yams, plantains and sweet potatoes and the fats you get in a Paleo diet give you more sustained energy over a longer period. And by eating fewer carbs than in a normal Western diet, you'll tap into your fat stores as you exercise.

Paleo foods provide lots of omega 3 fats and antioxidants, which reduce joint inflammation and can reduce post-workout muscle soreness. You'll find your body repairs itself more quickly between workouts and is less prone to injury. A Paleo

diet also helps you build muscle because it cuts out soya beans and other legumes, which reduce your ability to absorb protein.

Runners, who tend to eat lots of grains, can also benefit because grains contain proteins called lectins that can weaken your immune system. They also contain acids called phytates that block the absorption of micronutrients such as zinc, iron, potassium and calcium which are important for energy production, and muscle contraction and relaxation.

Finally, the saturated fats in a Paleo diet contain cholesterol, which your body converts to steroidal hormones such as testosterone. Testosterone aids sportsmen of all sorts thanks to its role in muscle and bone mass, athletic development and recovery. thefitnessexplorer.com

**'PALEO
GIVES YOU
MORE
SUSTAINED
ENERGY'**

In so far as it promotes eating fresh vegetables and meats, the Paleo diet is healthy. The problem is that many processed foods are now marketed as Paleo, such as Paleo bread made of rice flour, and Paleo energy bars - things no Paleolithic human would have eaten.

The Paleo diet industry wants to sell you highly processed food because it can make much larger profits from them. The Paleo diet also vilifies whole classes of healthy, natural foods, such as whole wheat, beans and milk.

Most people don't realise that the Paleo diet wasn't originally based on Paleolithic diets but on a study of 19th- and 20th-century hunter-gatherers - mostly native North American fishing communities, where people ate large amounts of fish and few plants. This doesn't mean the Paleo

diet is optimal, or that fish and red meat are equivalent. During the Paleolithic period our ancestors around the world ate vastly different diets based on local resources, often consuming foods (such as tree nuts and plant roots) that never feature in a modern Paleo diet.

The Paleo diet also suggests vegetarian athletes won't perform optimally. There is no evidence for this. A balanced diet containing a range of complex carbohydrates, fibre, protein (from meat or plants) and vitamins obtained from many different foods will enable athletes to perform well. Imbalanced diets that focus on a few foods risk providing too much of one essential nutrient and too little of another. The body is limited by the nutrient that's in the shortest supply. That is why food diversity is so critical. christinawarinner.com

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DIET IS
BEST FOR
ATHLETES'**



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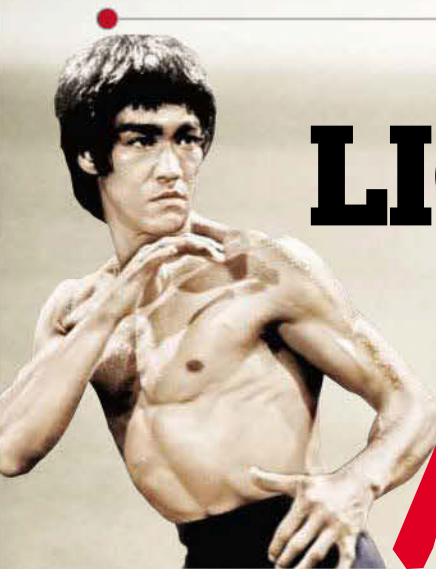
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** 17.1% of drink drive accidents are between hours of 5am and 1pm (Source: Dept. for Transport, Road Accidents and Safety Annual Report 2010)

* 4 Pints of Abbot Reserve contain 14.8 units of alcohol (Source: Greene King) and each unit takes 1 hour to leave the body (Source: NHS). Therefore 14.8 hours after 9pm the alcohol will have passed from the body.



LIGHTS, CAMERA, ACTION

Words Joel Snape

Hollywood's leading men have never been bigger – literally. Here's how to follow their lead and get a blockbuster body

There was a time, way before hi-def and widescreen, when being in shape for a film role was a rarity – something you did for a boxing biopic, maybe, or as a by-product of a former career as a carpenter (Harrison Ford) or bare-knuckle boxer (Robert Mitchum). Those days are gone. In the post-Tyler Durden, post-300 era,

a six-pack is as much a part of the actor's arsenal as a stunt double, and barely a year goes by without an eye-popping transformation from one formerly lardy lead. But who's the real king of the big-screen bodies? We asked a team of experts to decide, then uncovered the nutritional secrets, moves and workouts that built their physiques. And... action!

THE EXPERTS

To make our selection, we consulted an array of body transformation specialists, coaches, trainers and film buffs. Our panel were asked to consider both form and function, so stuntwork, athletic credentials and aesthetics all count. Disagree with them – we dare you.



Nick Mitchell

is one of the world's foremost body transformation coaches, a best-selling author and the owner of seven UP Fitness gyms around the globe.



Richard Tidmarsh

is the owner and lead trainer of Reach Fitness London, where he trains UFC fighters, rugby stars and footballers with lung-sapping metabolic conditioning and strength circuits.



Andy McKenzie

is a bodyweight exercise specialist and former army PT known as 'Iron Mac' who has worked with the likes of polar adventurer Ben Saunders.



Andy McTaggart

is the health and fitness manager of Fitness First's flagship gym in central London, a CrossFit competitor and conditioning specialist.



Richard Jordan

is the associate editor of *Total Film* magazine, an occasional gym-goer and an enthusiastic consumer of all things Marvel Universe-related.





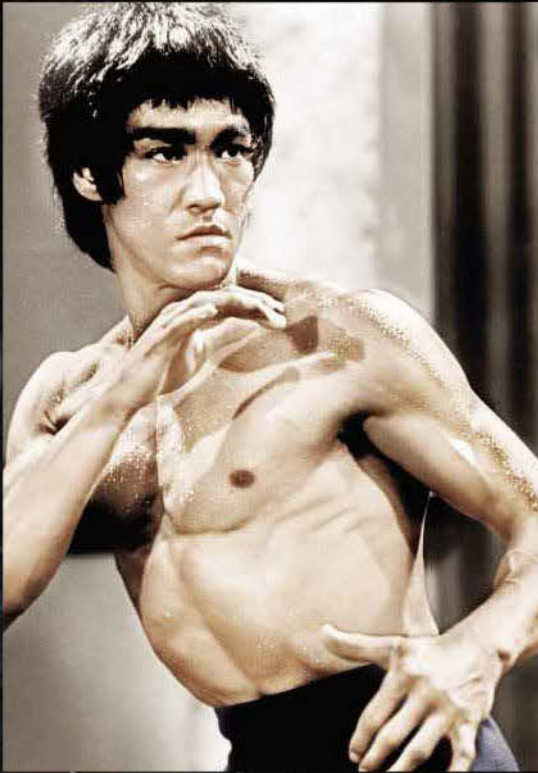
10 TOM HARDY

Hardy's had impressive traps since his turn as a malnourished, homeless alcoholic in TV movie *Stuart: A Life Backwards* - so it appears those are genetic - but everything else about his bulk comes from sheer hard work. Hardy and his longtime trainer/bodyguard Patrick 'P-Nut' Monroe use 'muscle signalling' to pack on mass in short order. 'Do ten fast press-ups and then one slow one, or switch hand positions,' says P-Nut. 'Don't let your body get used to what you're asking of it.'



9 HUGH JACKMAN

'Look at Wolverine in the first *X-Men* film, then the latest one,' says Jordan. 'He's not just regenerating, - he's getting bigger.' It's true: Jackman's getting bigger and better every year - and he's doing it via big compound lifts and good old-fashioned hard work. The Aussie actor boasts a 180kg deadlift - get yours up to indestructible- mutant levels by warming up with single-leg Romanian deadlifts to switch your glutes on.



8 BRUCE LEE

As well as basically inventing MMA - check out his fight with Sammo Hung in *Enter The Dragon* and most of his posthumous book *The Tao Of Jeet Kune Do* - Lee took physical conditioning for martial arts more seriously than any of his contemporaries... and still has one of the most legendary bodies in film history. 'He's the star of the greatest fight scene ever - with Chuck Norris in the Colosseum in *Way Of The Dragon* - and a man who knew the power of displaying an attractive physique,' says Mitchell. 'You can see how he clearly increased his efforts to get in better shape as his movie career progressed.'

ABS OF FURY

Lee did everything from experimenting with electrical muscle stimulation to drinking duck's blood to build his ultra-strong abs. You could try that - or use this mini-circuit to build Lee-like core strength and definition. Do three rounds.

GOOD MORNING REPS 8

This is the move that did for Lee's back - not, as suggested in *Dragon: The Bruce Lee Story*, a vengeful martial arts rival. Lee lifted heavy but you should go light and focus on perfect form. Holding a barbell on your back and with your knees slightly bent, lean forward until you feel a stretch in your hamstrings. Pause, then straighten up. Carefully.



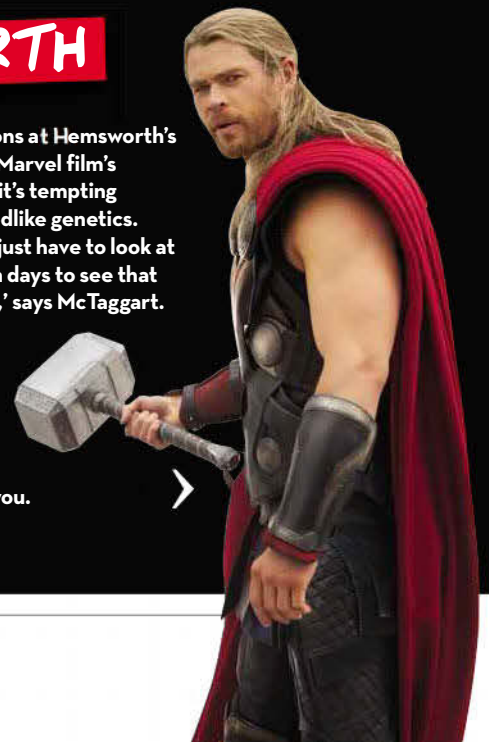
DRAGON FLAG REPS 3

Holding on to a bench, bring your whole body into the air in a straight line, then lower down as slowly as possible.



7 CHRIS HEMSWORTH

When your other half swoons at Hemsworth's Asgardian physique in any Marvel film's regulation shirt-off scene, it's tempting to point to the big man's godlike genetics. Tempting, but wrong. 'You just have to look at Hemsworth in his surf-bum days to see that he's not naturally muscular,' says McTaggart. 'When he landed the role of Thor he put on about 10kg of lean mass by following a strict diet and bodybuilding regimen.' In other words, he's mortal - he just works harder than you.



6

CHRIS EVANS

You're doing something right when they have to fake your body for the 'before' shots, and Evans's emergence from his super-soldier cocoon in *Captain America* is a film-stealer. For the sequel he combined size and agility with combinations like the squat-to-box jump: do five reps of back squats with a weight that you can just about manage, then go straight into a set of five box jumps. Rest a minute, and repeat three times, soldier.



5

TERRY CREWS

Not many men can make singing a Vanessa Carlton hit into a career-defining moment, but Crews' performance of *A Thousand Miles* in the otherwise-dreadful *White Chicks* marks the exact moment he went from muscular ex-NFL heavy to reliable comic film-saver. He's since parlayed his physique and comedy chops into fame as tough-but-adorable police sergeant Terry Jeffords on TV's *Brooklyn Nine-Nine* and Hale Caesar in the *Expendables* movies.

UNLEASH THE COBRA

To build shirt-packing muscle, Crews uses a dizzying array of pulling moves in his 'Cobra back' workout. Try three rounds of this poisonous pairing for size.



WIDE-GRIP PULL-UP

With your hands slightly wider than shoulder-width, pull your chin over the bar. Pause, then lower. Go to failure and rest for 60 seconds - no cheating.



CLOSE-GRIP PULL-UP

Then, with your hands slightly narrower than shoulder-width, pull your chin over the bar, pause, then lower. And yes, go to failure again.



4 JASON STATHAM

'Most people don't know that Statham use to be a world-class athlete - he competed in diving at the 1990 Commonwealth Games,' says McTaggart. 'His role as Frank Martin in the *Transporter* trilogy showcases just how athletic and badass he is, and that he has a build most dream of having.' Including Rosie Huntington-Whiteley, apparently. Get his functional strength with a Statham-favourite warm-up: three pull-ups, five press-ups and seven squats, for as many rounds as possible in five minutes.



ARNIE 3

'Arnold Schwarzenegger changed my life when I went to see *Conan The Destroyer* at the cinema,' says Mitchell. 'Without his inspiration I think pretty much all the experiences of my life would have been different, thanks to the pull of the gym and its results on my appearance, my lifestyle and how people react to me. Arnold set a benchmark for movie physiques that will never be matched and any judge who doesn't have him as their number one choice is missing everything about physical culture of the last 40 years.' Strong words.

BUILD T-800 TRICEPS

The Governor may not be in his physical prime, but - with *Terminator Genisys* coming up - he still hits it hard. His advice?

'Dumbbells are better than barbells for your delts and tris. First, the Arnold press. Start with a weight you can do six times.

After six, pick the next weight down. Work down the rack and do at least five sets. No rest, because picking up the lighter weight should be easy. Once you finish

that, do lateral raises the same way. When I did this, I couldn't move my arms after, but it works.'



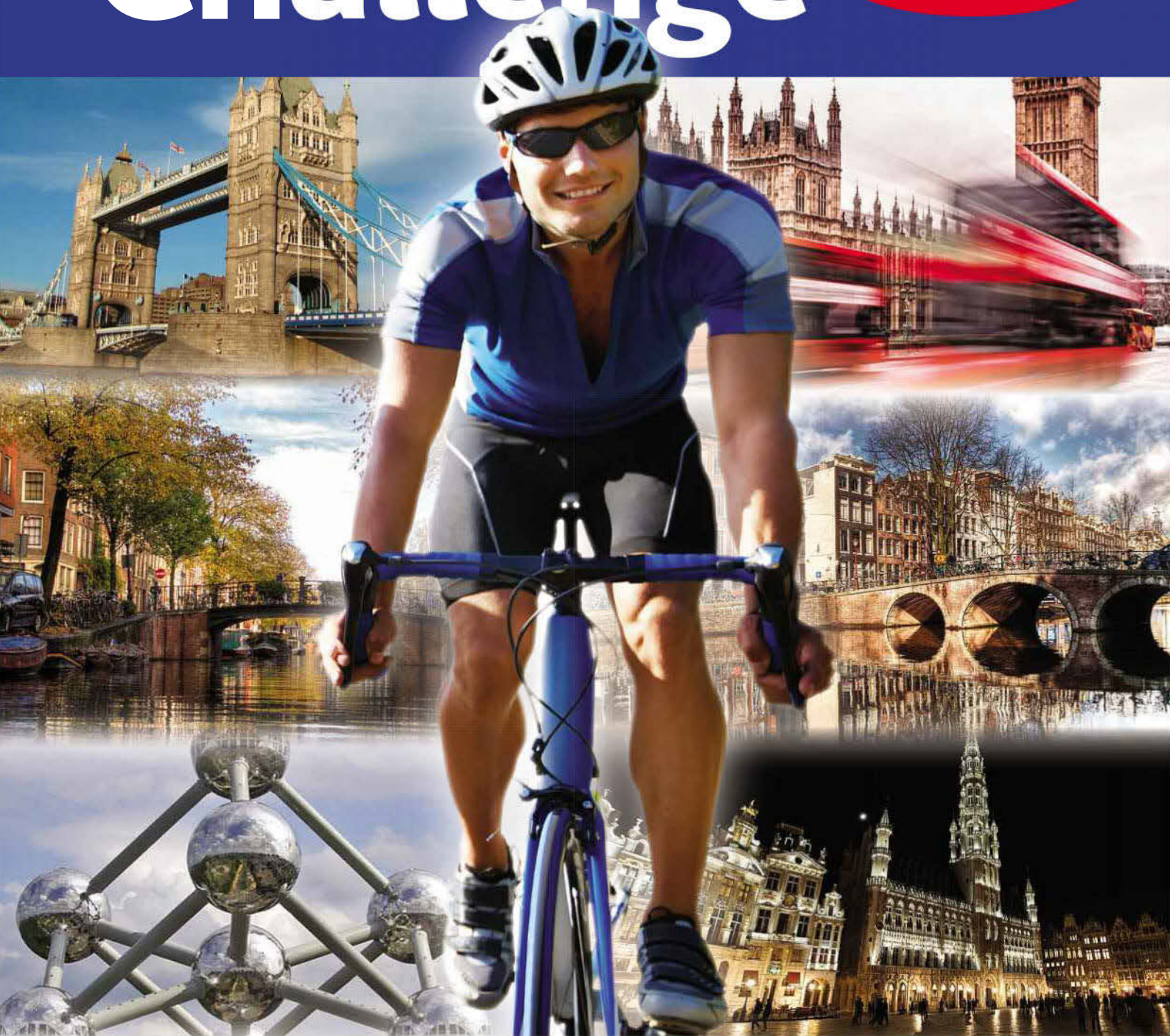
2 THE ROCK

Anyone who gets bigger after they leave pro wrestling behind knows something about bulking, and Dwayne Johnson's showing no signs of stopping. His daily diet? Steak, four egg whites and porridge for breakfast, meat, rice (or baked potatoes) and chicken for meals two to five, and a show-stopping ten-egg omelette in the evening. Pie: optional.



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1 HENRY CAVILL

Surprised? Don't be. Others might have the edge on bulk or physicality, but it's the new Superman's combination of both that bagged him the top spot. It also assisted his performance - which is sort of the point, after all.

'By doing physically difficult things, by changing his body of his own will, Henry changed his attitude and his bearing,' says Mark Twight, who trained Cavill for the part. 'He looked huge. He walked huge. His attitude broadcast his physical capability.' Next up: making Batman look small in 2016, ahead of DC's oncoming blitz of superhero movies. If anyone can...

THE S-EXPRESS

Superman gets his powers from the sun - Cavill trained six days a week, sometimes twice a day, to get his. One staple workout-starter was the below, designed to pre-fatigue his shoulder muscles ahead of pressing or deadlifts - and ensuring a heroic V-shape for our hero.



FRONT RAISE REPS 10

Holding a pair of dumbbells, bring them up in front of you - no swinging your hips, it's not heroic. Pause at the top, and lower under control.



LATERAL RAISE REPS 10

Still holding your dumbbells, raise them to the sides, keeping your thumbs pointed slightly downward to emphasise your delts. Nearly done...



REVERSE FLYE REPS TO FAILURE

Now lean forward and, with a slight bend in your elbows, bring the weights upwards. Rest for 90sec, then start again. Do three rounds in total.



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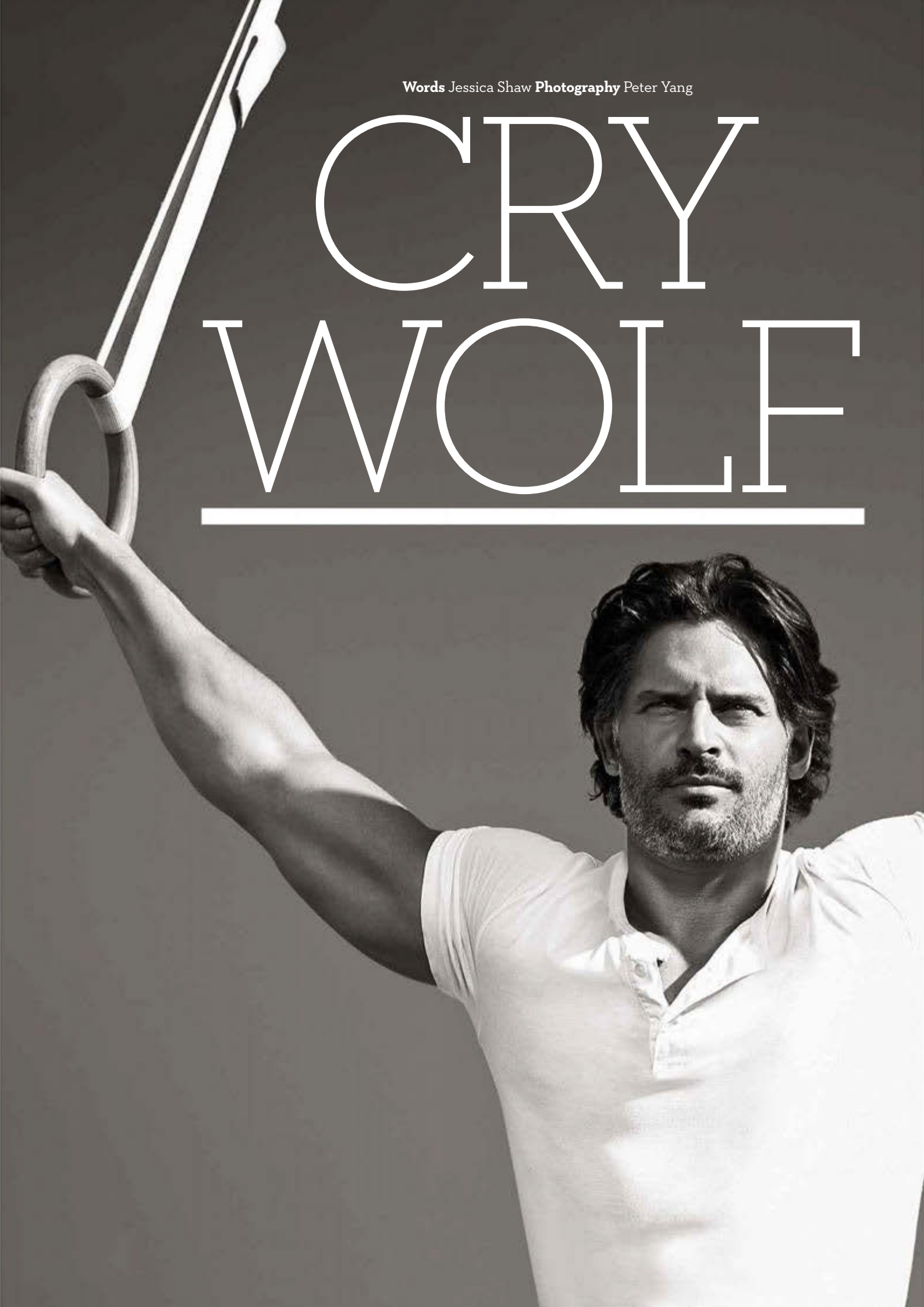




Run in the footsteps of champions

Words Jessica Shaw Photography Peter Yang

CRY WOLF



True Blood actor Joe Manganiello is the guy who wrote the book (literally) on going from a scrawny weakling to a ripped 104kg monster. He tells MF how transforming his body has helped make his career

Joe Manganiello, wearing faded jeans, a well-worn navy T-shirt, and a baseball cap pulled down low over his stubbled face, is doing his best to look mortal. But at almost 2m tall - all muscle and right angles - he couldn't be any more conspicuous on LA's Melrose Avenue if he were wearing a cape and fluorescent Lycra. So it's no surprise when someone stops him in his tracks.

He appears to be a fan, asking, 'What have you been up to recently?' Manganiello proudly tells him he's leaving the following morning to shoot *Magic Mike XXL*, the sequel to Stephen Soderbergh's critically and commercially successful 2012 movie set in the seedy world of male strippers, in which he starred alongside Channing Tatum and Matthew McConaughey.

The man, however, isn't impressed. 'When are you going to do something else?' he sniffs, implying that Manganiello is squandering his talents on such female-friendly fare, then walks away, leaving behind a tangible whiff of disapproval. 'What did he want?' Manganiello asks later, incredulous. 'Come on, dude! I haven't slept in months I've been working so hard on so many projects!'

PECS APPEAL

It's not the first time the 38-year-old has been written off as a wavy-haired pretty boy who's more muscle than substance. Manganiello's first high-profile role, as werewolf Alcide Herveaux on HBO's supernatural drama *True Blood*, required frequent toplessness - and he captured the attention of millions of women (and quite a few men) in his thong and chaps as Big Dick Richie in *Magic Mike*, while his part as a DEA footsoldier in a sleeveless shirt nicknamed 'Grinder' in last year's Arnold Schwarzenegger action-fest *Sabotage* didn't do much to change his image.

Though it's done wonders for his career, Manganiello doesn't take this image seriously. 'I've been on this interesting track, especially for someone who's such a dude's dude,' he says later that afternoon, resting his bare feet on a table in the back yard of his Hollywood Hills house. 'I'm this gun-shooting, football-watching, WWE-wrestling dude. All my friends are guys. But other dudes are like, "Fuck that guy. You're just the fucking guy on those fucking magazines that my girlfriend has".'

It's tempting to wonder if those other dudes would have their feelings lessened or intensified by the fact that Manganiello has been dating Sofia Vergara, the curvaceous Colombian star of TV's *Modern Family*, since mid-2014. The two met at the White House, Manganiello explains, while showing off a letter from Barack Obama, who received a copy of Manganiello's bodybuilding book, *Evolution*, which has a foreword by Schwarzenegger.

'Thank you for your kind gift,' it reads on official letterhead. So the president is somehow responsible for the relationship? 'I ain't giving that guy credit for any of it,' he says. It's not as

much a dismissal of Obama as a testament to how Manganiello got the girl all on his own, thank you very much.

'Ask anyone, "Why'd you become an actor? Why do you make money? Why'd you become a rock star?" It's to get access to a dating pool,' he says. 'You work hard to get to go out with who you want.' The way Manganiello talks about Vergara, however, shows he's serious. 'Sometimes you can find someone who's incredibly real who's in a position that, at first glance, you wouldn't think they'd be in,' he says. 'It's taken me a while, but I'm in a good place.'

WOLF AT THE DOOR

He may be in a good place now but Manganiello's rise to stardom hasn't exactly been smooth. Cast as Flash Thompson in Sam Raimi's 2002 movie *Spider-Man* - featuring in the memorable school-hall fight scene where Tobey Maguire's Peter Parker first demonstrates his powers - Manganiello thought his career was about to take off. However, the film didn't raise his profile as expected and he went off the rails, drinking a bottle of whisky and smoking two packs of cigarettes a day.

While he's not quick to relive those days, he also doesn't shy away from discussing them. 'I haven't gotten anywhere by hiding anything,' he says. 'If I said to someone, "How come you didn't act for four years?" and there was no answer, I'd go, "Uh, OK, dude. I don't want to work with you because you're shady and weird".'

He doesn't elaborate on the specifics of getting sober, though he'll admit he went through the steps of apologising to those he'd hurt and repaying old debts.

Sobriety had further benefits, including slews of offers for small TV parts. He showed his comic talent in *How I Met Your Mother* and brooded in the teen drama *One Tree Hill*. But it wasn't until he played the werewolf pack leader Alcide in *True Blood* that fans went rabid. While grateful for the opportunity and the rewards, Manganiello is insistent that such eye-candy roles are not what he's fundamentally about. 'I did what I had to do to play the game,' he says of his efforts to get into peak condition for the part. 'Because if you get the role as the new naked guy on the naked show, well, what are you going to do all day? You're going to get in the best shape of your life.'

Manganiello's journey is chronicled barbell by barbell in *Evolution*, which traces his transformation from a scrawny 70kg into the chiselled 104kg muscleman he is today. After winning the role, he hired Ron Mathews, best known for getting Hugh Jackman into Wolverine form, and started bulking up with what they called the Werewolf Workout. Countless bench jump-overs, plyo press-ups and goblet squats later, Manganiello was ready for action.

'On *True Blood* I had a lot to prove and a lot of ground to gain back from years I didn't work,' he says. 'I told myself I wasn't going to look back and think I made one misstep.'

ANIMAL MAGIC

These days Manganiello has a little less to prove, with a bigger role in *Magic Mike XXL* - he describes the sequel as 'Ani-

mal House on the road' - for which he's breaking out the thong and the pecs again.

'I stayed in pretty good shape this year by just working out consistently - there was never a feeling of, "Oh, now I gotta buckle down",' he says. 'This year I've been working on pushing myself mentally. When I'm tired and my arms hurt, I'm jumping on the pull-up bar anyway.' His 60-minute daily routine with his trainer takes in squat racks, Olympic barbells and bumper plates. (For details of Manganiello's punishing upper-body workout, turn to p68.) 'I made a conscious effort to force myself to recover quicker,' he says. 'The workouts I do are so nasty, awful. I get in there for an hour, work really fucking hard, and get out.'

But don't ever assume he's a meathead. Manganiello says he's still the same drama school student who spends weeks researching a role in libraries or online. On the set of *Sabotage*, Schwarzenegger says he found that Manganiello works as hard as anyone in the industry. 'I really got to know him when we rehearsed. We all trained very carefully for a month before the movie, and when you do that you get to know the people very well, very quickly. You see who's the lazy bastard and who goes all out. Joe goes all out.'

College buddy and *Magic Mike XXL* co-star Matt Bomer agrees. 'He has an enviable amount of courage and self-confidence, but not in an egotistical way. Watching him on set has made the job easier for me. I just have to do what he does, which is not be scared to throw myself into it.'

Whatever he does next, he's wary of the onslaught of endorsement offers that tend to come his way thanks to his success and his image. Most recently he refused to shill for a new 'weight-loss' cream. 'I'm not going to be the face of some snake oil that I'd never use,' he says. 'And you know what makes you lose weight? Exercise.' That said, he's open to launching his own supplement line if it matches his message, which is that you have to be disciplined and not try to cheat the system. 'There's nothing wrong with a nitrogen releaser,' he says, 'or trying to find low-sugar, high-protein, healthy snacks.'

OLD HABITS

A couple of years away from 40 and with his dark days long behind him, he's at ease in his skin - relaxed enough to have lobster mac-and-cheese on a night out with Vergara, but driven enough to know he doesn't have to give up on his body as he ages. 'What you can do with your body needs to be rethought,' he says. 'You can stay crazy fit at 50 and beyond. I don't plan on ever touching steroids or growth hormones. I plan on ageing naturally and seeing what that looks like.'

Don't think he can pull it off? That's fine - as his most celebrated co-star once told him, being underestimated is one of the best things on Earth. 'Let people think you've gotten this far only because of your looks,' Schwarzenegger says. 'Let people expect you to live off the hunk stuff. Every time you do a movie or a TV show, they'll be blown away.'



Manganiello is proof that a weedy kid can become a ripped, Vergara-dating star

HUNGRY LIKE THE WOLF

How Manganiello fuels the Werewolf Workouts that build his impressive frame

Fortunately there's more to Manganiello's diet than ripping sheep limb from limb under a full moon - in fact there's hardly any of that at all - but it's still pretty goddamn manly, as detailed in his book *Evolution*. Here's a typical day's feeds.



MEAL 1

No-added-sugar protein bar

MORNING WORKOUT

Turn the page for details

MEAL 2

Post-workout protein shake

MEAL 3

One hour after post-workout shake, egg whites, ham and cheese omelette with bacon or sausage, vegetables and a cup of coffee.

MEAL 4

An organic chicken breast, butterflied and grilled with a little olive oil and seasoning, with a vegetable stir-fry: heat 1tbsp olive oil and add 1 chopped red pepper, 50g green beans and 1tbsp capers and cook for 4min, then add 50g halved cherry tomatoes and a handful of pitted black olives and cook for 2min, then add a handful of chopped spinach and cook for 1min. Serve drizzled with 1tbsp balsamic vinegar.

MEAL 5

A large fillet steak, pan-cooked with a crushed garlic clove. Steam a handful of broccoli florets and a handful of cauliflower florets and serve with the steak.

MEAL 6

Protein shake before bed

'What you can do with your body has to be rethought - you can stay crazy fit at 50 and beyond,' says Manganiello

BEAST MODE

If you're sick of your girlfriend talking about what a great body Joe Manganiello has (or just staring slack-jawed whenever he's onscreen), it's time you did something about it. You can start with this routine taken from Manganiello's own fitness book, *Evolution*, which the big man himself uses to bulk up his chest, shoulders and arms.

HOW IT WORKS

Manganiello is old-school when it comes to the gym, sticking with tried-and-tested bodybuilding staples such as the bench press, overhead press and triceps push-down.

He warms up slowly on the bench, working up to the heaviest load he can handle for two reps, then backs off the weight for higher reps to get a pump. From there, he alternates exercises for different muscle groups so he can accomplish more work in less time.

At 32 total sets, it's a lot of work – and, like the TV show that made Manganiello famous, it's not for the squeamish. But it will put hair (or fur?) on your chest, as well as make it bigger.

HOW TO DO IT

Perform the bench press as straight sets. For the paired exercises, do one set of move A, rest, then one set of move, B and repeat the pair until all sets are complete. Rest 60-90 seconds after every set in the workout.

Joe Manganiello's book
Evolution: The Cutting-Edge
Guide To Breaking Down
Mental Walls And Building
The Body You've Always
Wanted is available now



1// BENCH PRESS

SETS 8 REPS 15, 10, 8, 6, 4, 2, 5, 10

Lie on a flat bench holding the bar with an overhand grip, hands just wider than shoulder-width apart. Drive your feet hard into the floor and press the weights straight up powerfully, then lower them slowly to the start position. Increase the weight accordingly as the reps decline, and then reduce the weight on the last two sets.



2A// INCLINE DUMBBELL FLYE

SETS 4 REPS 10

Set an adjustable bench to an angle between 30 and 45° and lie back on it with a dumbbell in each hand. Turn your wrists so your palms face each other. Bend your arms slightly, then bring them up to meet above your chest. Push them together at the top, then slowly lower them to the sides.

**2B// DUMBBELL
OVERHEAD PRESS**

SETS 4 REPS 10

Hold dumbbells at shoulder level and brace your abs. Press the dumbbells up over your head by locking your arms, then lower them back to shoulder level.

**3B// PLYO
PRESS-UP**

SETS 4 REPS 8-12

Get into a press-up position with your hands shoulder-width apart. Lower your body until your chest is a couple of centimetres above the floor, then explosively press back up so that your hands leave the floor and your body rises into the air.

**3B// TRICEPS
CABLE
PUSH-DOWN**

SETS 4 REPS 8-12

Attach a lat pull-down bar (or a straight bar) to a cable station. Grasp the bar with hands shoulder-width apart and tuck your elbows in to your sides. Extend your elbows to lock them out.

**4A// LATERAL
RAISE**

SETS 4 REPS 10

Hold a dumbbell in each hand at your sides. Keeping your arms straight, raise the weights until your arms are parallel with the floor.

**4B// OVERHEAD
TRICEPS
EXTENSION**

SETS 4 REPS 10

Attach a rope handle to the upper pulley of a cable station and grasp one end with each hand, holding it behind your head and facing away from the machine. Step forward into a staggered stance and pull the handle over your head, keeping tension in the cable. When your arms are straight, tense your triceps. **MF**



EASY DOES IT

The science is in - getting in better shape doesn't have to be hardcore. Harness the latest research to make your training both more effective and more relaxing

1 CRANK UP THE MUSIC

The longer you listen to music during a training session, the more enjoyable the whole experience becomes, says research from *Medicine & Science In Sports & Exercise*. The sweet spot is 125-140bpm, so turn up Daft Punk's 'Harder, Better, Faster, Stronger' and have at it.

2 WORK AT A TREADMILL DESK

Previously, research has suggested that treadmill desks might hamper workflow. But the largest study of its kind, published in the journal *Computers In Human Behaviour*, now suggests that they're linked to an increase in cognitive performance - both neurophysiological and behavioural. Tell your boss it's worth the investment.

3 TIME YOUR EATING FOR MORE MUSCLE

No carbs after 6pm? No cake after midday? The exact rule might not matter: according to the journal *Cell Metabolism*, having any time-restrictions on eating may improve cholesterol levels and help add lean muscle.

4 BENCH FASTER FOR A NEW PB

What do you bench? According to the *European Journal Of Applied Physiology*, speeding up your pushing phase will improve the answer. Load a mere 60% of your current max on the bar and lower the bar under control, then press explosively up. You'll recruit - and build - more muscle.

5 TRAIN WITH PEOPLE BETTER THAN YOU

Picking a partner who can beat you, according to a study published in *Psychology Of Sport And Exercise*, will spur you on to better your performance by up to 20%.

6 PICK A TARGET WHEN YOU RUN

Focusing on an object in the distance will get you there faster and with less perceived effort, according to a study in *Motivation And Emotion*.

7 TAKE YOUR OTHER HALF TRAINING

According to recent research from University College London, you'll do 70% more physical activity if you take up the habit alongside your significant other - and be 15% more likely to lose weight.



8 PROTECT YOUR NECK FROM TEXTING

Your head weighs about the same as a bowling ball, and tipping it forward for hours at a time is ruining your neck, according to research from leading US spinal expert Dr Kenneth Hansraj. The NHS suggests 'gently lengthening your neck upwards while tucking in your chin' to compensate for lengthy texting or Clash Of Clans sessions.

9 COMPRESS TO PROGRESS

The verdict on compression gear is that wearing it during the 24-hour window after your workout can speed recovery and reduce muscle soreness, according to the American College Of Sports Medicine. Probably not one for bedtime, though.

10 RUN ON A (SMALL) INCLINE

No need for the Matterhorn-style sprint. Intervals on a moderate hill - or a treadmill set to 10% - increase VO₂ max and jumping ability in half the time of flat-terrain training, according to the *Journal Of Strength And Conditioning Research*.

11 TRAIN IN THE SUN TO LOSE FAT FASTER

Exercising in the hot sun is marginally less pleasant than in the freezing cold. But there's evidence - published in the journal *Diabetes* - that moderate UV exposure can help prevent obesity and lower diabetes risk. You still need sunscreen, obviously.

12 RECLAIM YOUR LUNCH BREAK

It's time to bid the internet cat videos farewell. According to Scandinavian research published in January, going for a gentle walk during your lunch hour can instantly improve both your mood and your ability to handle stress at work.


13 STICK WITH THE DIET

It gets easier - yes, really. According to MRI research by professor of nutrition and psychiatry Susan Roberts at Tufts University in the US, eating healthy foods can 'retrain' your brain to crave them, in a process known as 'cognitive restructuring'.

14 DO MORE YOGA

It'll enhance your other efforts, according to the *Journal Of Applied Physiology*. Follow the acronym *Prise* - eat Protein daily and do a weekly four-hour mix of Intervals, Stretching and Endurance - and you could burn up to 2kg more over 16 weeks than people who do only one type of exercise.

15 READ POETRY... AND BREATHE

According to research from Carnegie Mellon University, 25 minutes of mindfulness - including poetry critique and deep-breathing - reduced the build-up of fat-storing hormone cortisol during stressful tasks. Think Wordsworth, not Eliot. 

STRAP

Smartwatches are said to be the new smartphones – and they're promising to help

Is it time to buy a smartwatch yet? As with so many things in life, the answer is: it depends. They're certainly still in the category of things marked 'would be nice to have' rather than 'only technophobes are holding out' – but the latest models offer a host of benefits that are starting to tip the scales. So will 2015 be the year you finally stop using your phone to check the time?

Mass-market smartwatches have been a long time coming. Samsung and Motorola are leading the pack at the moment, with the Gear S (£320) and the Moto 360 (£199) respectively, but Apple is about to join them this April with three editions of its own Watch – that's the actual name. At the time of writing, Apple hasn't released UK pricing, but US models are expected to start at \$350 (around £275 when you include tax). Apple is also pushing its smartwatches as a serious health-improvement product. CEO Tim Cook recently pointed out that the device will prompt users to get up and move every

hour, on the back of a large body of research suggesting that too much time spent sitting increases all causes of mortality.

BAND ON THE RUN

Current smartwatches are extensions of activity bands such as the Fitbit Flex and Jawbone UP24, combining the movement-tracking and step-counting facilities of bands with smartphone tools such as messaging, music and maps. They're also built to withstand knocks and scrapes. The Samsung Gear S is the most conventional in this respect, with a strap that encloses all but the screen. The Motorola's Moto 360 has a more exposed chassis that's made of steel, and the Apple Watch – the only range with a specific 'Sport' edition – uses aluminium, making it 30% lighter than its chrome siblings. The touch-sensitive

screens have been hardened, too, with scratch-resistant Gorilla Glass in the Moto 360 and a toughened display on the Apple Watch Sport in place of the sapphire used elsewhere.

Sensors in each watch track your movement and location and feed the results to a series of cut-down apps optimised for small screens. Both the Apple Watch and Moto 360 require you to sync these to your phone, so you can't do away with your existing tech just yet. The Samsung Gear S is more independent. With a built-in phone connection, the Gear S can go online to share your data directly, and you can use it for calls and messages while out of reach of your handset. You still need your phone to install apps, but that doesn't happen every day.

STARS

you reach your fitness goals too. *MF* looks into what the latest models have to offer

This is a boon for runners because it also means the Gear S can stream live maps from the net and provide turn-by-turn directions on the hoof. The Moto 360 and Apple Watch need to be paired with your mobile to do the same – and rather than simply choosing the watch that best suits your needs, you need to make sure it works with your phone.

HIGHLY RATED

Optical heart rate monitors are common inclusions in current smartwatches. These shine a light through your skin to read blood flow, which means you can get rid of your chest strap. Most also have internal pedometers to track motion. These are used by passive

fitness tools such as Apple's onscreen activity rings to record how much you move each day. You can complete Apple's 'standing' ring, for example, by getting to your feet for a minute every hour, 12 times a day. Fortunately, the Watch also has a more demanding app that Apple is framing as a wrist-bound PT, always pushing you towards new personal bests.

At the time of writing there are no smartwatch-specific apps that can track sets and reps at the gym. This seems likely to change, though, because each watch is a platform for which developers can build their own apps, and the manufacturers themselves will be looking to add new features. Apple has been granted a patent for a weight bar-mounted sensor that transmits data back to the Watch, which will certainly plug this gap if it ever sees the light of day.

If you're a swimmer you might have to hunt around to find a watch that can withstand the pool, and there are no swimming-specific apps yet. Both the Samsung Gear S and Moto 360 are water-resistant to one metre – less than the deepest point in most pools – and although Apple's specs are quiet on this point, a representative told Yahoo! that 'Apple Watch is water-resistant. Sweating, wearing it in the rain, washing your hands and cooking with it are fine [but] take it off before you swim or get in the shower.'

WATCH THIS SPACE

Smartwatches are in their infancy but they already have a lot going for them. First, they largely remove the need to have several gadgets for different activities. Second, they can be upgraded with software and apps in the way that's made smartphones so ubiquitous. It might be a while before they're a common sight in the gym – but that doesn't mean you can't be the person to start the trend.

*Turn the page for *MF*'s reviews of the best smartwatches currently available*





MOTOROLA MOTO 360

£200 moto360.motorola.com

The Moto 360 was the first watch to show that style isn't out of the question in the wearable tech market by opting for a round face, a design choice that has been much copied since. The 360 suffers a little from being an early entry to the market, with a weaker processor and battery than rivals such as the G Watch R, which have clearly benefited from extra time to scope out the competition.

While it never feels sluggish, it isn't as snappy as it could be and the battery life will always be at the back of your mind.

For fitness it has a heart rate monitor and pedometer, and running on Android Wear means it has access to the widest selection of apps so far. Crucially, this is the smartwatch you're most likely forget about having on your wrist - it can slot naturally into your life and training.

LG G WATCH R

£199 lg.com

With the G Watch R, LG has made the sensible choice of replacing the square display of its predecessor with a round face.

This and its chunky design make it look more like a regular sports watch than any other current smartwatch does. The drawback, as with other round-faced watches, is that the display sometimes cuts text off from apps designed for a square face. This is likely to become less of an issue over time as a wider range of apps is created but it's worth noting.

Its heart rate monitor, barometer and pedometer mean the sporty look isn't just for show. The G Watch R runs on Android Wear so you can pair it with any fairly recent Android phone, and its 1.2GHz Snapdragon 400 processor and 512MB of RAM make it a quick, responsive piece of kit that won't crash constantly.





ALCATEL ONETOUCH WATCH

TBC (expected to be £80-£100) alcatelonetouch.com

This smartwatch isn't available in the UK yet but is likely to be much cheaper than most other options. It's perhaps surprising, then, that it's one of the more stylish choices available. The other great thing about the Onetouch is that its proprietary software works with both Android and iPhone, making it an attractive option for Apple users who don't want to wait for the Apple Watch - or shell out for it once it arrives.

This software means you'll have to make do with the stock selection of apps, but these include a heart rate monitor and altimeter for your fitness needs. The only noticeable gap in functionality is that you can't use the watch to reply directly to notifications sent from your phone, although - aside from being able to show off to your mates - its debatable how necessary this is.

A standard USB plug hidden in the strap lets you charge the Onetouch Watch, which means you won't have to worry about carrying a charger. If you're on a budget or using an iPhone, this is certainly a stylish and affordable option for fitness tracking.

SONY SMARTWATCH 3

£190 sonymobile.com

Sony has had a couple of cracks at the smartwatch already but the SmartWatch 3 is the first to ditch Sony's clunky software in favour of Android Wear. It's a change that immediately makes the SmartWatch 3 a contender, helped by the inclusion of a GPS tracker. While not the most accurate we've seen, it does mean you can leave your phone at home and have the SmartWatch 3 track your run. It's just a pity a heart rate monitor hasn't been included.

The rectangular face and rubber strap may not wow people but apps are displayed attractively on the screen, which is bright and easy to read. There's also an element of futureproofing - the SmartWatch 3 is enabled for WiFi and Near Field Communication (NFC) for when Google updates its software, suggesting you may be able to use it for contactless payment one day. Sony has picked function over form for its SmartWatch 3, but if you're not worried about being a trendsetter, you should seriously consider it.






SAMSUNG GEAR S

£329 samsung.com

Samsung has released six distinct smartwatches already, indicating that the hardware giant is repeating the strategy it used with smartphones by flooding the market with products. The Gear S is its latest model and immediately stands out from other smartwatches by not using the popular Android Wear system. The drawback is that you'll need a Samsung phone to use the watch, but if you have one this is a great choice because it's packed with features.

Unlike other watches the Gear S has its own phone number and can connect to your handset over the internet rather than relying on Bluetooth alone. While you may not want to replace your phone with a smartwatch, this is the only one on the market that gives you the option. It provides a mini web browser as well as a hefty number of sensors, including an accelerometer, gyroscope, compass and barometer, a heart rate monitor and ambient light and UV sensors.

The Gear S certainly looks more like a mini computer than some of the other entries, especially when you hold it up to your face to use the phone, but its big, bright screen is fantastic and you could probably get away with pretending you're from the future. 

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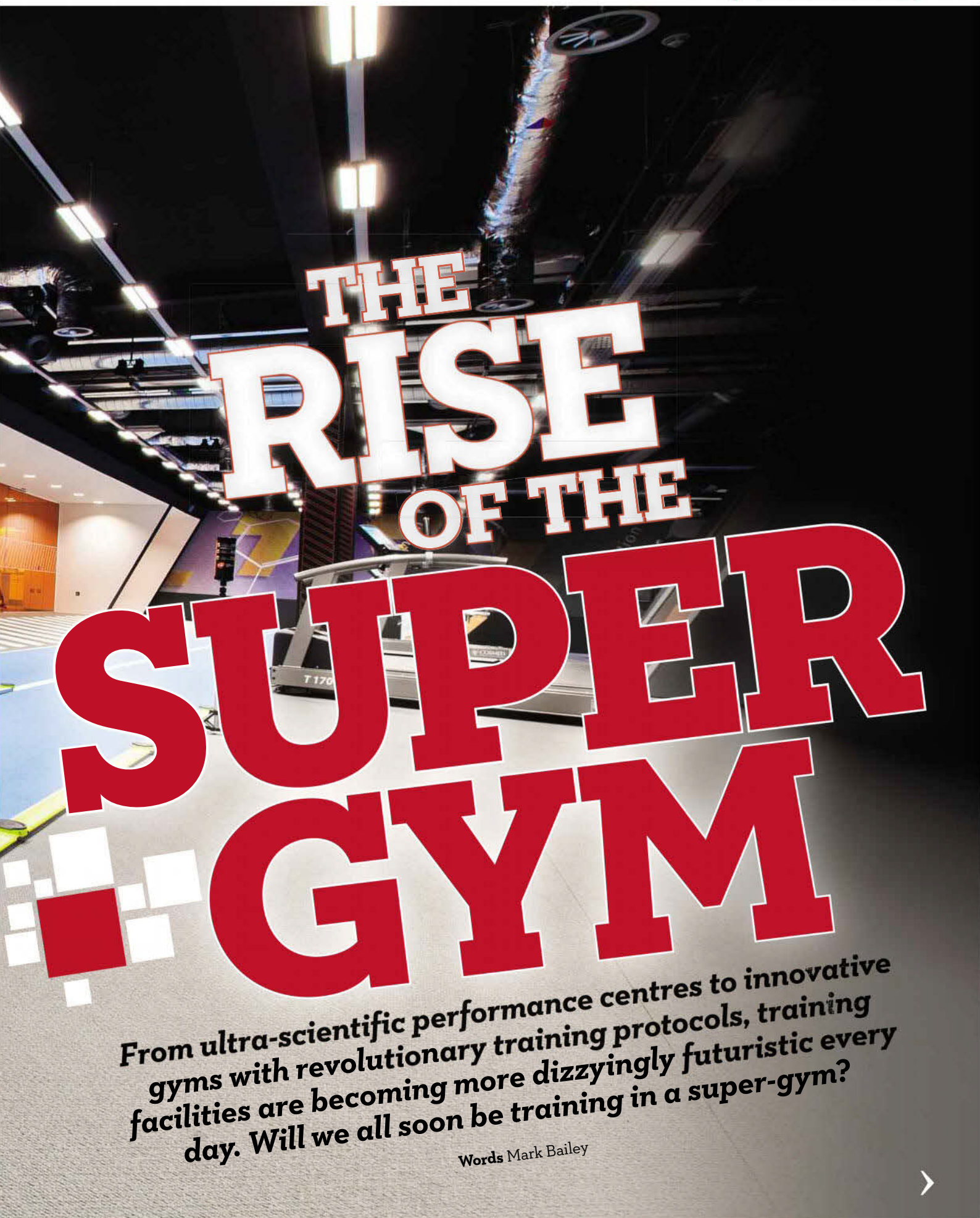


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GSK's Human Performance Lab is a benchmark for the new breed of gym



From ultra-scientific performance centres to innovative gyms with revolutionary training protocols, training facilities are becoming more dizzyingly futuristic every day. Will we all soon be training in a super-gym?

Words Mark Bailey



'THE
PRI
AP

On a Friday morning in late 2014, Wayne Rooney and the rest of the England football squad were training at the cutting-edge Perform training facility at St George's Park in Burton-on-Trent. Here the players enjoyed access to an altitude chamber, an Alter-G anti-gravity treadmill, a Batak Pro reaction wall, an indoor sprint track with Run Rocket resistance harnesses and on-site facilities for testing blood, hearts, lungs and joints.

So is this an exclusive place reserved for elite athletes and millionaires? No. Once the Premier League stars had departed, this temple of fitness was open to amateur athletes, corporate groups and schools, enabling ordinary punters to sweat, sprint and squat in the same place as the pros.

Golden opportunity

It's not only groundbreaking facilities that this kind of super-gym offers, but also elite coaching. Michael Johnson Performance (MJP), a training company set up by the four-time Olympic sprint champion in Texas in 2007, offers advanced coaching to athletes of all abilities.

'We work with youth athletes and amateurs as well as elite and Olympic athletes,' says Johnson, now a coach and TV pundit, whose company's tagline is 'World Class Training For All'. David Thomas, performance specialist at MJP, adds, 'Any athlete in any sport, regardless of their ability or experience, can improve. Whether you're an NFL Pro Bowler or a Sunday league footballer, the raw ingredients of athleticism remain the same.'

Taking their cue from scientific facilities such as the GSK Human Performance Lab, which combines cutting-edge research with its innovative training facilities for elite athletes, universities are also democratising state-of-the-art training - as Loughborough's Performance Centre, Bath's Sports Training Village and Birmingham's High Performance

London's GymBox (above) attempts to create a unique training atmosphere using contemporary design and music



Rhino's in Lincolnshire (above) combines top-class gym facilities with innovative vehicular options



SAME PRINCIPLES PLY TO EVERYONE'



Michael Johnson set up Michael Johnson Performance (left) to bring Olympic-level facilities to athletes of all abilities



The BHPC (above) is an example of high-quality university gyms



Centre (BHPC) show. 'We can support all athletes, whether they're recreational runners, clients referred by a GP or elite downhill mountain-bike racers,'

says Alex Taylor, head of performance and coaching at BHPC. Athletes can train in the advanced strength and conditioning hall, undergo body composition analysis by anthropometrists or use isokinetic machines to assess the peak torque and fatigue rates of individual muscles.

We can't all kick, run or lift like a professional athlete, but thanks to the evolution of fitness centres an increasing number of us can train like one. This fusion of elite and amateur facilities is driven by both economic and philosophical concerns. 'We can't afford to have two separate

facilities,' says Johnson. 'But it is really about how we train athletes: the facilities and principles are the same for everyone.'

BHPC's Taylor believes this approach has many advantages. 'Everything is on one site, which enables a multi-disciplinary approach,' he says. 'A nutritionist can work with a strength coach and a physiologist to optimise your performance. We have lots of crossovers of expertise.'

Advanced training systems also bring enhanced monitoring options. 'We have a BASES-accredited lab with a team of physiologists who monitor training and perform tests. A cyclist might monitor their power and torque in the lab and out on the road, for example, while a middle-distance runner might check their blood, oxygen and recovery processes.'

Target practice

Athletes who work with MJM or visit Perform at St George's Park have access to a range of



'IT'S ABOUT TRAINING SMARTER'

advanced equipment, including a VertiMax (a platform with resistance cables which trains first-step speed and jump height), a Keiser Air 300 runner (which uses pneumatic resistance to enhance sprint speed) and Elite Form video trackers (for gauging power and velocity during squats and bench presses). This results in highly targeted and accurate training.

'We don't believe in training until you're throwing up,' says Thomas. 'It's about training smarter, not harder. For example, we use Dartfish software to provide slow-motion playback of your form and monitor important angles such as hip separation and arm positions. Everything is targeted. When we use the Keiser runner we can do drills that target 90% of your maximum power and monitor that accurately.'

However, Thomas stresses that the coaching philosophy is as important as the gadgetry. 'We've stripped down the concept of athleticism into its raw ingredients: speed, strength, power, stamina, skill and suppleness. If you're not functional somewhere down the chain it will be detrimental to your performance.'

At an MJP training camp, every session is tailored to this concept of fitness. Speed sessions are divided into linear days to develop acceleration and top-end speed, and multi-directional days to train changes in movement. Strength sessions are built on fast lifts with three-count eccentric movements and explosive concentric movements. The benefit of this targeted system is its fast results, says Thomas. 'We took on an international footballer known for his pace but we noticed

he lacked power in his foot-strike so we addressed that. When we sent him back to his club three weeks later they were amazed.'

Check your tech

Scientific facilities and innovative protocols aren't confined to high-performance centres, though - many gyms are upgrading their facilities and fitness cultures to provide more effective and engaging training. In major urban centres, high-tech systems are already filtering down.

London's Centre for Health and Human Performance offers an electronic Milon re-





Fitness First (above and left) has teamed up with the British Olympic Association to bring elite training methods to your local gym

Train like an England footballer at St George's Park's Perform facility (left and above)

sistance training suite that delivers total-body conditioning in 17½ minutes, integrated cardiopulmonary exercise tests to check the simultaneous performance of your heart and lungs during exercise, and sports science advice from Professor Greg Whyte, the fitness guru who coached David Walliams for his Sport Relief Channel swim. At regional level, local gyms are innovating too, but in different ways: for example, Rhino's Elite Sports and Conditioning in Lincolnshire has built a range of facilities, from climbing walls, functional fitness rigs and sprint tracks to an outdoor Renault Clio deadlift and a Land Rover pull to provide an eclectic mix of training options.

Popular gym chains are changing too. Fitness First has increased the space in many

of its gyms by 20% by ripping out non-essential offices and has dedicated 30% more floor space to freestyle training areas. 'Our clients are becoming better educated so we needed to give them the opportunity to do more,' says UK fitness product manager Scott MacKenzie. Gym-goers can use a range of ViPR tubes, suspension training rings, steelbells and power bags, or join a freestyle group training class. 'We don't just move forwards and backwards - we twist, run, bound and jump. And we wanted our gyms to reflect that.'

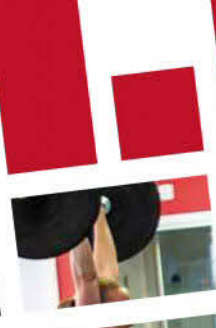
Elite expertise and technology are involved here too. Fitness First has teamed up with the British Olympic Association to inject elite training methods into daily fitness classes with a range of Team GB workout

classes. 'The classes help people mimic the movements and training of GB athletes,' says MacKenzie. 'We also have some indoor running tracks with electronic starting gates so people can perform athletic training. On the gym floor we're introducing touch-screen trainers with access to 1,000 exercises.'

Simple pleasures

While some gyms are incorporating the latest technology, others are evolving in different directions. CrossFit has influenced the shape and atmosphere of many modern fitness centres, yet its message remains one of simplicity, not science. 'What is unique about our facilities is our warehouse, garage-like feel, but also the group aspect, which makes training more fun and social,' says Phil Morton of

**'WE DON'T
NEED KIT,
JUST SPACE'**



CrossFit Thames retains a simplicity and atmosphere that it says is more important than lots of fancy new kit

CrossFit Thames. 'We don't need lots of kit, just space and a good atmosphere.'

The London chain Gymbox has created its own revolutionary training methods. Its plan has been to develop uniquely appealing facilities with contemporary interiors, live DJs, workout spaces that are broad enough to include combat cages, boxing rings and gymnastics kit, and innovative classes covering everything from Muay Thai to Spartan training. 'We create stimulating environments that are designed to make people want to exercise,' says brand director David Cooper. 'We make sweating fun.'

Future fit

Gym facilities around the UK are changing fast. Whether your local gym focuses on high-tech equipment, functional training spaces, elite coaching protocols or engaging

sociability, the common theme is that most of us are working out in facilities that are more innovative, varied and intelligently structured than ever.

The battle between science and simplicity, innovation and functionality, raw data and sociability, will continue. Which kind of facility proves the most successful remains to be seen, but your future gym will be shaped as much by you as by the people who run it. 'There is a new culture of fitness growing thanks to well-read customers demanding more autonomy and variety,' says MacKenzie. 'And that is changing the way gym facilities are being shaped.'



FITNESS FOR ALL This advanced training kit can aid pro and amateur athletes alike

ALTER-G TREADMILL

With a wealth of benefits for elite and amateur athletes, the Alter-G treadmill at Perform, St George's Park, supports the body to reduce the effect of gravity. It can help elite athletes increase their training load while limiting the impact on their lower body, and enable heavier people to exercise without wrecking their joints. 'Athletes sometimes use it on rest days to increase their training volume without affecting their recovery, and it can help athletes recover from injury,' says David Thomas of MJP.



MILON

Available at London's Centre for Health and Human Performance (CHHP), Milon is an eight-machine circuit that promises total-body training in just 17½ minutes. The machines' electronic resistance can be altered for eccentric and concentric motions for a 30% more efficient workout. 'It's ideal for people who are time-poor because you can stress the muscles more effectively, but the variable resistance means it's also ideal for experienced athletes,' says CHHP co-founder Dr Jack Kreindler.



KEISER AIR 300 RUNNER

Popular at MJP clinics, the Keiser Air 300 Runner places athletes in a powerful drive position where they fight resistance from compressed air to train their acceleration and explosive leg power. A force monitor helps you train at the right intensity. 'We can aim for 90% of your max every rep so it is very focused,' says Thomas. 'Amateur athletes will find it works muscles that are hard to target with traditional drills, whereas elite players will find that it enhances their peak power over 10m sprints.'



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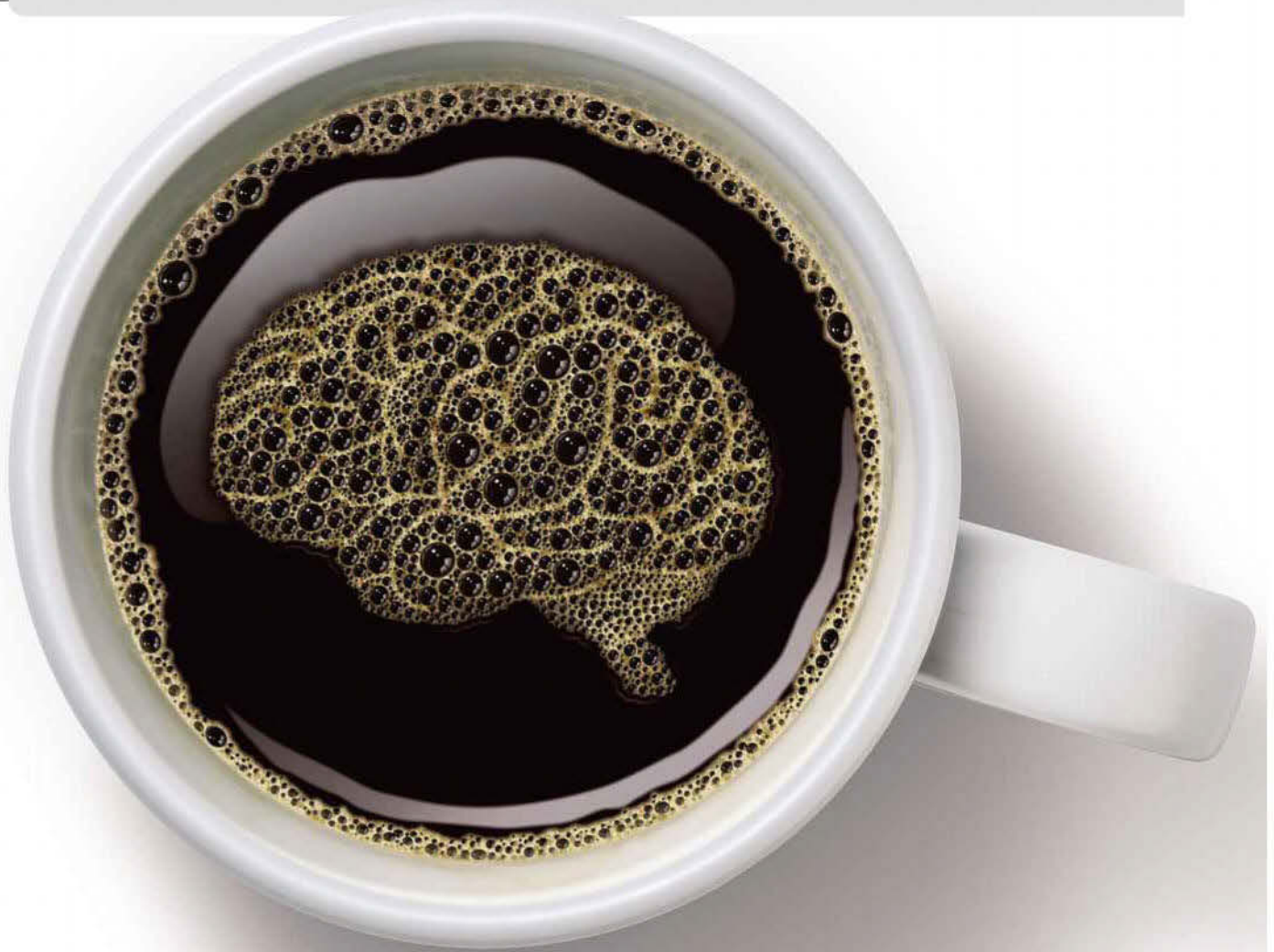
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P90 EAT LIKE A ROMAN **P92** THE CUTTING EDGE OF COOKERY **P96** SCI-FI FOODS OF THE FUTURE
P102 SHOULD YOU GIVE UP WHEAT? **P106** CARB-LOADING MEAL PLAN **P108** FIGHT FAT WITH A SMOOTHIE



Ground rules

Coffee is the king of drinks if you want to keep your memory sharp

Coffee is great for charging up your nervous system before a gym session, but new research suggests it could help to develop brains as well as brawn. According to a report published by the Institute for Scientific Information on Coffee, drinking three to five cups every day can improve memory and reduce the risk of developing Alzheimer's disease in later life by up to 20%. This is because coffee contains high levels of compounds called polyphenols, which reduce inflammation and decrease the deterioration of cells in the areas of the brain responsible for memory. The report also found that caffeine can help prevent the formation of amyloid plaques and neurofibrillary tangles in the brain, both of which can lead to Alzheimer's disease. Stick to home-made Americanos - with optional added metabolism-boosting coconut oil - and avoid sugar-packed coffee-shop lattes.

Big broth

A hearty Italian soup that's packed with muscle-building nutrients

Soup of the day? Try soup of the past two millennia. Minestrone has been around since at least the days of the Roman Empire – and *MF*'s version, courtesy of Michelin-starred chef Adam Gray, is packed with workout-fuelling veg and muscle-repairing ham to help you get the most out of your gym efforts. Salute! Adam Gray is executive chef at Skylon in London (skylon-restaurant.co.uk)

PREP TIME
10 minutes
COOKING TIME
30 minutes

per portion

CALORIES
321

PROTEIN
17g

FAT
15g

CARBS
28g

JAMIE OLIVER SAYS...

add leeks to your soup, which gives it a bonus dose of bone-strengthening vitamin K
jamieoliver.com

DELIA SMITH SAYS...

serve your minestrone with grated Parmesan, which provides an extra hit of muscle-building protein
deliaonline.com

NIGELLA LAWSON SAYS...

include diced green and red peppers and you'll get added immunity-boosting vitamins A and C
nigella.com

INGREDIENTS (SERVES 4)

300g cherry tomatoes, halved / 2 sticks of celery, diced / 2 carrots, peeled and diced / 1 onion, diced / 1 fennel bulb, diced / 2 garlic cloves, crushed / 2 bay leaves / 1 litre chicken stock / 300ml tomato juice / 50ml rapeseed oil / 300g cooked ham, cut into strips / 100g wholemeal spaghetti / Salt and pepper

TO MAKE

- Heat the oil in a large saucepan over a medium heat.
- Add the carrots, fennel, onion, celery, garlic and bay leaves and cook for five to seven minutes.
- Add the cherry tomatoes, cover and cook for ten minutes.
- Add the ham and cook until the tomatoes are soft, then add the chicken stock and tomato juice.
- Bring to the boil, reduce the heat and simmer for five minutes.
- Cook the spaghetti according to packaging instructions, then cut into 2cm lengths and add to the broth. Bring it back to the boil, season with salt and pepper and serve.

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CAN I USE THE WORD
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David Lancaster, cover model and personal trainer



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**Lakeland 2-Stage**

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**Ozitech**

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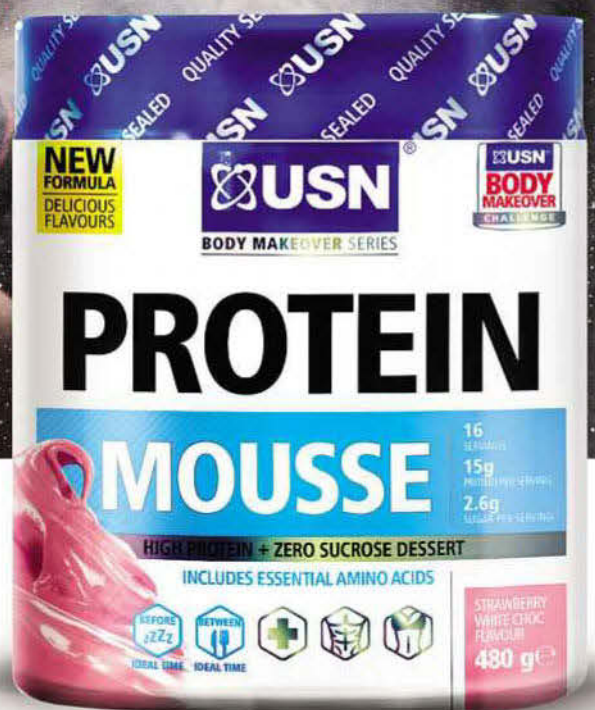
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YOU HATE... ASPARAGUS

Spears at the ready? They should be - asparagus is a dietary essential, thanks to its high levels of vitamin K, which is vital for blood and bone health, and folic acid, which boosts brain and nervous system function. Don't enjoy the taste? Then try one of the recipes below, which surround the green stuff with all manner of taste-masking marvels. And if all else fails, just wrap it in bacon and fry it. Everything's better wrapped in bacon, right?

ASPARAGUS BY NUMBERS

41

A 100g serving (around seven spears) has 24.4mg of vitamin C, which is 41% of your RDA

100g also provides 80mcg of vitamin K - 100% of your RDA

100

34

100g also offers 135mcg of folate, which is 34% of your RDA



BUT YOU'LL LOVE IT LIKE THIS...

TARRAGON CHICKEN WITH ASPARAGUS BROTH INGREDIENTS (SERVES 4)

200g asparagus tips / 4 skinless chicken breasts / Grated zest and juice of 1 lemon / 4 sprigs of tarragon / 1 clove garlic, crushed / 1 litre chicken stock / 2tsp tomato purée / 200g tenderstem broccoli / 200g carrots, halved lengthways

TO MAKE

Score each breast twice with a sharp knife. Mix the lemon zest, juice, tarragon and garlic and marinate the chicken in this for 30-60min. Pour the stock into a pan, add the purée and boil. Remove the chicken from the marinade, add to the pan and simmer for 12-15min. Remove the chicken and cover with cling film in a bowl. Steam the veg over the stock until tender. Serve the chicken on top of the veg in a bowl, spooning over the stock.

TENDERSTEM.CO.UK



ASPARAGUS AND GOAT'S CHEESE RISOTTO INGREDIENTS (SERVES 1)

Bunch of asparagus / 20g goat's cheese / 10g of pea shoots / 15g of praline paste / 100g risotto rice

TO MAKE

Cut all the asparagus spears into three pieces and put the tips to one side. In a large pan of boiling water, cook the asparagus for 5min, adding the tips afterwards and boiling for a further 1min. Drain all the asparagus and then whizz in a blender with salt and black pepper until puréed. Cook the rice according to packaging instructions, mix with the purée and praline paste and serve with the pea shoots and cheese on top.

BABBORESTAURANT.CO.UK



ASPARAGUS & CHERVIL QUICHE INGREDIENTS (SERVES 6)

1kg asparagus, sliced / 600g shortcrust pastry / 140g Parma ham strips / Handful of chopped chervil / Pinch of chopped chives / 100g spring onions, chopped / 350g mascarpone / 4 eggs / 1tbsp butter / Pinch of black pepper

TO MAKE

Heat the oven to 180°C and grease a baking tin with butter. Roll the pastry to a 5mm thickness and lay in the tin. Line the pastry with foil, fill with baking beans and bake for 20min. Remove the beans and foil, brush the pastry with egg yolk, bake for 5min and remove. Blanch the asparagus in boiling water for 3min and drain. Mix the chervil, chives, mascarpone, onion, eggs and pepper. Lay the asparagus and ham in the pastry in a clock pattern, alternating them. Pour on the mascarpone mix. Bake at 170°C for 25-30min.

TOMSKITCHEN.CO.UK



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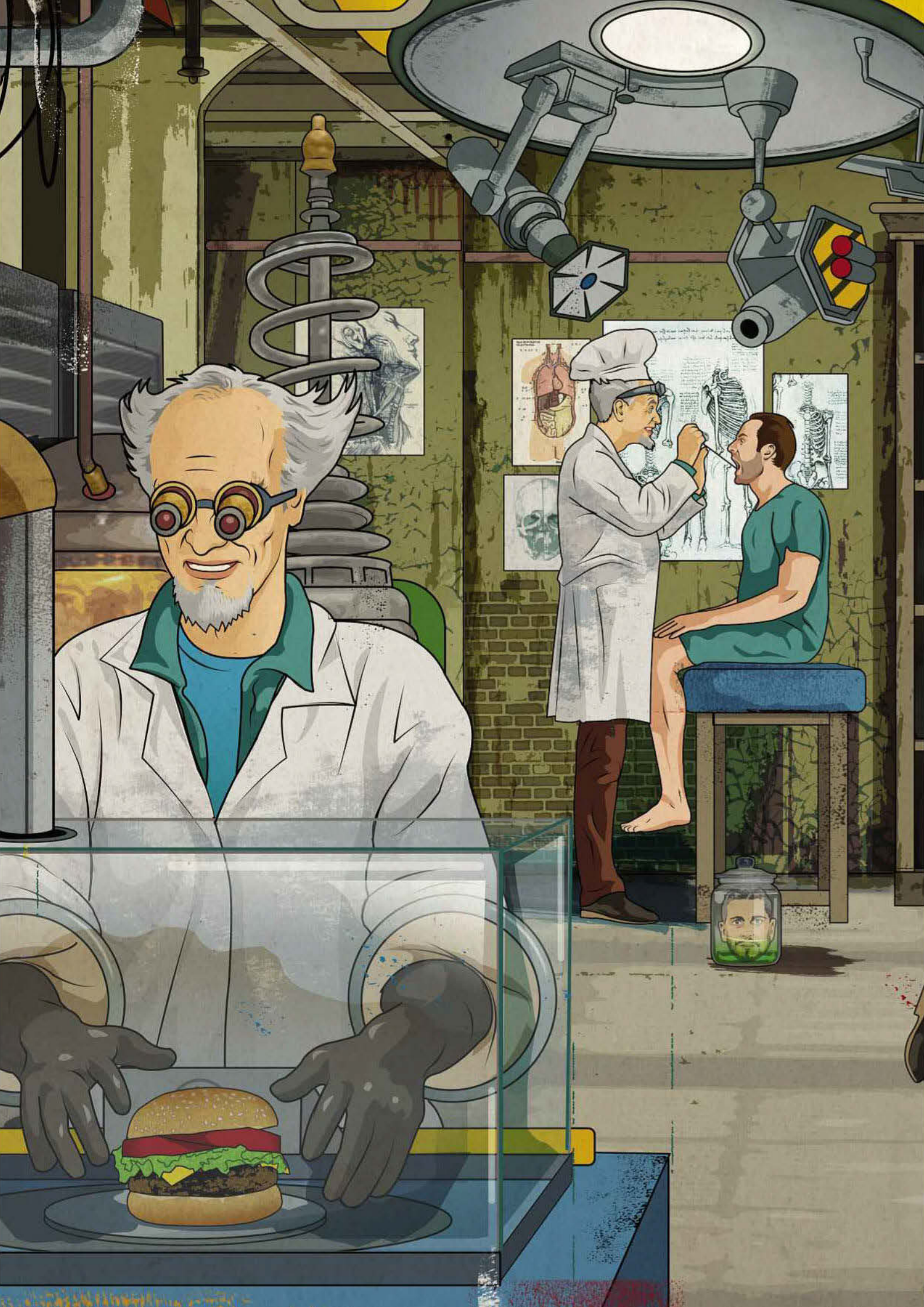
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* Nielsen 11-10-14



Words Sam Razvi Illustrations Bill McConkey

THE FUTURE OF FOOD

Nutrition is evolving. Science is constantly making breakthroughs and rewriting the rules on what we should eat, how food is made and even how we ingest it. Here's how to harness the future of food right now

TRANSDERMAL SUPPLEMENTATION

WHAT IS IT?

A new breed of supplement sprays that you apply directly to your skin. In theory this allows them to be absorbed directly into your bloodstream, bypassing the digestive system - which slows down the absorption of traditional oral supplements - to make them faster-acting and more reliable.

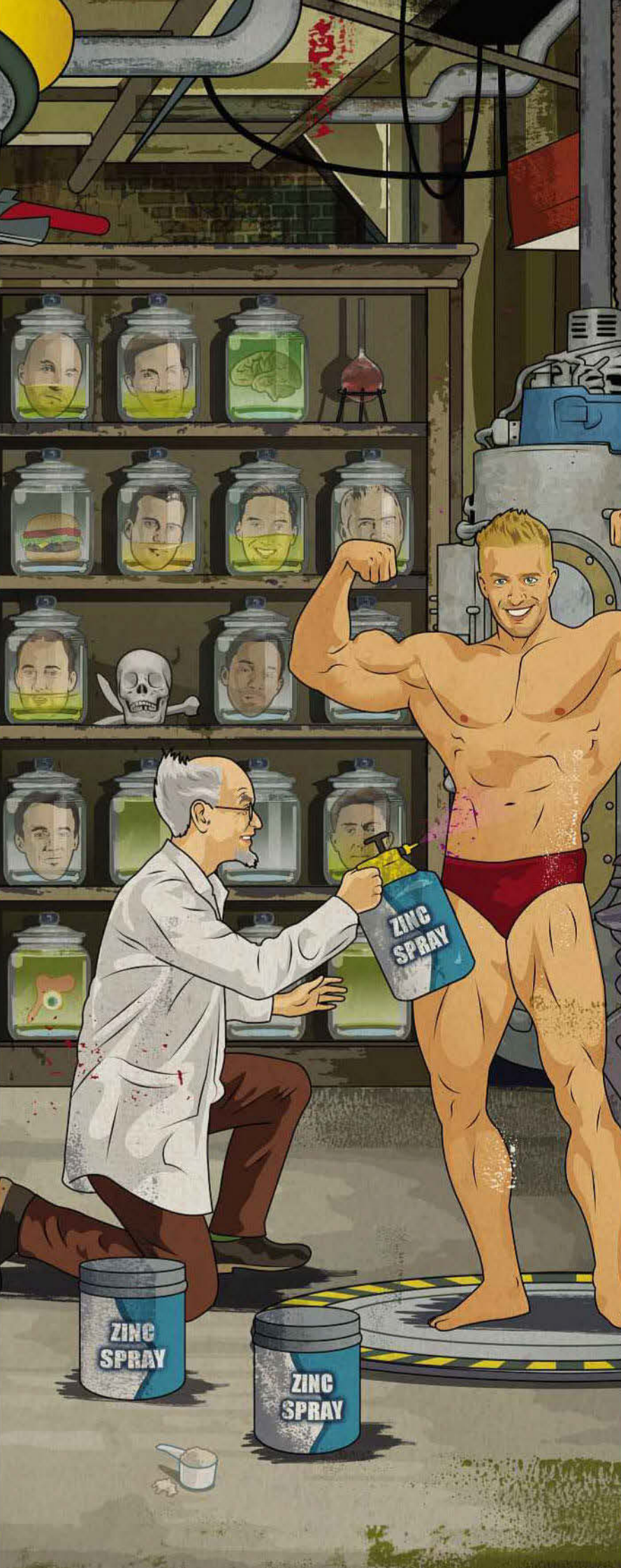
DOES IT WORK?

'Research from Manchester Met University found that caffeine took effect ten times quicker when taken transdermally compared to orally,' says performance nutritionist Ben Coomber (bencoombier.com), 'so it's certainly faster-acting. What's more, it required only a tenth of the dosage to have the same effect.'

However, the barrier to entry - quite literally - is the size of our pores, which restricts which supplements can be absorbed transdermally. 'The research suggests that nutrients such as caffeine, taurine, zinc and magnesium can be effectively absorbed transdermally, but plenty of others - including most types of protein - can't, and will still need to be taken orally,' says Coomber.

WHERE DO I GET SOME?

UK-based company Transdermal Technology (transdermaltechnology.co.uk) currently offers two transdermal sprays: a pre-workout performance-booster containing caffeine, taurine and guarana and a post-workout recovery spray consisting of zinc, magnesium and niacin. Each spray costs £18 and contains 40 doses, which typically reach peak concentration in your bloodstream in 15 minutes, compared with 60 minutes for an oral supp.



LAB MEAT

WHAT IS IT?

You've probably heard of this one, but it's going to be massive: scientists have been working on creating artificial, laboratory-manufactured meat replacement products. These consist of a variety of plant materials, including amaranth and pea protein, which have been broken down and reassembled into 'meat' patties. The resulting products have the taste and texture of actual meat and offer the additional benefit of optimum leanness. It couldn't come at a better time, following a 2013 UN report highlighting 'unsustainable' levels of meat consumption in Western countries.

DOES IT WORK?

'Under a microscope, it's biologically the same as real meat,' says sports scientist and performance nutritionist Laurent Bannock (guruperformance.com). 'The only major difference is that it contains lower quantities of certain key amino acids, which are needed for muscle growth.' So while it does offer a very lean alternative to regular meat, with less impact on the environment and zero cruelty to animals, lab meat does require some additional supplementation. 'If and when it becomes widely available and affordable, if muscle growth and athletic performance are important to you, I'd recommend supplementing lab meat with leucine to boost your amino acid intake,' says Bannock.

WHERE CAN I GET SOME?

There are no companies offering lab meat in the UK yet, but that's likely to change in the near future. Current market leaders include Beyond Meat (beyondmeat.com), an American company that offers plant-based meat products including realistic-looking 'beef' burgers and 'chicken' strips, and German company Like Meat (likemeat.de/en), whose product range includes Bratwurst-style sausages and doner kebab 'meat'.

NUTRIGENOMICS

WHAT IS IT?

The process of optimising your diet to suit your DNA. The theory is that by examining your genetic profile, it's possible to highlight any potentially problematic genes you carry - for example the PPARA gene, which affects the regulation of body fat. You can then adjust your diet accordingly to work around or counteract these genetic limitations to enhance body composition and athletic performance. This isn't new, but it's becoming more accessible to the average gym-goer.

DOES IT WORK?

It's a young and shallow field of research and has provoked much debate in the scientific community. But a University of Toronto study from 2014 found that 'individuals may benefit from adhering to different dietary guidelines than others, depending on their genotype'. In theory, it should help remove the trial and error part of experimenting with different diets to find out what works best for you. One note of caution is that scientists are still identifying the roles certain genes play.

But if you want to get ahead of the curve, there's no need to wait. 'The sequence of our genes stays the same throughout our lives,' says leading dietitian Nanci Guest (powerplayweb.com). 'So a genetic assessment done now will be just as valid in years to come, and you'll be able to refine your diet even further as more information becomes available about the specific genes you carry.'

WHERE CAN I GET SOME?

DNA Fit (dnafit.com) offers self-test swab kits, which you use at home and then send back for assessment. The company then provides you with analysis and feedback, including tailored diets and training plans based on a selection of genes that relate to weight loss (such as GDF5 and FABP2) and athletic performance (including ACTN3 and IL-6). Prices range from £99 to £249.



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Every month for a year, nutritionist Drew Price follows a different diet. This issue...

Wheat Belly

THE DIET

One of the best-known 'gluten-free' diets, Wheat Belly aims to improve your physique and overall health by cutting out wheat and other gluten-containing grains.

THE CLAIM

Wheat is a staple grain across the globe, but one that has been intensely cultivated and has changed over the years. As a result, according to *Wheat Belly* author and cardiologist Dr William Davis, modern grains (and the gluten and additional compounds they contain) are addictive and destroy our health. Davis's book makes bold fat-loss claims, including a predicted 6-8kg reduction in weight within the first month of following the diet, as well as listing broader benefits that include improving the autoimmune system, slowing down the ageing process and reducing the risk of developing diseases such as cancer and diabetes.

THE METHOD

The diet is pretty simple, in that all it specifies is that you avoid grains that contain gluten, such as wheat, barley and rye. You can do it the easy way, by replacing grains with starchy substitutes such as corn pasta, or the hard way - which I chose - by forgoing starchy food altogether and opting for extra protein, healthy fats and fibrous veg.

THE REALITY

The downside to this diet's simplicity is that it offers little in terms of guidelines to follow or suggestions for how to replace grains in your diet. Since grains are basically everywhere, this makes it fairly impractical, especially if you're eating out. In the end, I resorted to cooking meals from scratch at home with simple ingredients and carrying food around with me in Tupperware tubs all day. When I stuck to this I was fine, but when it wasn't possible I ended making poor food choices, missing meals and generally falling into dietary disarray.

THE RESULTS

The diet was annoying, and the results didn't help matters either. I actually



'Since grains are everywhere, this diet is fairly impractical'

gained 1kg in weight over the month, which - according to my Speedflex body composition analysis - was attributed to a 3kg rise in fat mass and a 2kg drop in muscle mass, despite my training volume and intensity being strictly controlled from month to month. My blood work also showed a rise in 'bad' LDL cholesterol and visceral fat. So overall it wasn't exactly a roaring success.

PRICE'S VERDICT

If you're extremely overweight or addicted to donuts and pastries, Wheat Belly will help - and it's certainly a useful, straightforward option for coeliac disease sufferers. But if you're a regular guy in OK shape looking to build muscle and burn fat, this is not the diet for you.

Thanks to Speedflex (speedflex.com)

PIZZA THE ACTION

Price's gluten-free pizza base recipe swaps grain-heavy dough for fibrous cauliflower

INGREDIENTS (MAKES 1 PIZZA BASE)

1 cauliflower head / 2 eggs / 330g mozzarella / 60ml olive oil

TO MAKE

Cut the cauliflower into small chunks and cook them in a pot of boiling water for 20 minutes. Drain the water away, then add the remaining ingredients to the pan and mash well. Tip the mixture into a pizza dish, press it until it's roughly 1cm thick and bake in the oven at 180°C / gas mark 4 for 20 minutes. Remove from the oven, garnish with pizza toppings of your choosing and return to the oven for another ten to 15 minutes.

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TURN TO PAGE 105 FOR DETAILS

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TO MAKE EACH OMELETTE

Heat the butter in a non-stick pan over a low heat. Crack the eggs into a mixing jug and whisk them with the rest of the ingredients. Pour the mixture into the pan. Cook until browned underneath, then place under a hot grill for two minutes to finish off.

MUSCLE BUILDER**INGREDIENTS**

1tsp butter / 3 eggs / 75g ham hock / $\frac{1}{2}$ red pepper, diced / 20g blue cheese, crumbled



CALORIES

444

PROTEIN

39g

CARBS

4g

FAT

29g

UNLEASH SHELL

You can make a healthy breakfast without breaking some eggs... but why bother?

**FAT BURNER****INGREDIENTS**

1tsp butter / 3 eggs / 160g can tuna / $\frac{1}{4}$ courgette, sliced / 1 red chilli, finely sliced

CALORIES

421

PROTEIN

60g

CARBS

2g

FAT

17g**IMMUNITY BOOSTER****INGREDIENTS**

1tsp butter / 3 eggs / 75g cooked turkey breast, sliced / A handful of baby spinach, chopped / 4 baby plum tomatoes, sliced

CALORIES

311

PROTEIN

32g

CARBS

5g

FAT

17g

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King of the load

Stay fuelled to the finish with this carb-loaded meal plan

Apart from the elation of crossing the finishing line, what's the best thing about endurance events? That's right - bingeing on carbs before race day to top up your glycogen stores. The meal plan below provides the 4-5g of carbs per kilo of bodyweight required for optimum glycogen storage - based on an 80kg man - with roughly 70% of the total calories coming from carbs.

BREAKFAST

Pancakes with honey and blueberries provide fat-fighting pterostilbene and metabolism-boosting iron

LUNCH

Bagel with chicken breast, mayo, tomato and spinach is high in muscle-building protein and ligament-strengthening vitamin C

DINNER

Tiger prawn pad Thai

INGREDIENTS (serves 2)

250g udon noodles, cooked / 10 small broccoli florets / Handful of green beans / 2tsp rapeseed oil / 3 garlic cloves, chopped / 2 red chillies, deseeded and chopped / 2 shallots, chopped / 20 large tiger prawns, de-shelled / 2 egg whites / 1tbsp sesame oil / 3tbsp fish sauce / 1tbsp soy sauce / 1tbsp rice wine vinegar / 1tbsp agave syrup / 3 spring onions, chopped / 2tbsp chopped peanuts / Handful of fresh coriander / 1tbsp lime juice

TO MAKE

- Blanch the broccoli and green beans in boiling water for one to two minutes. Drain, plunge into cold water and set aside.
- Heat a wok and add 1tsp rapeseed oil, garlic, chilli and shallots. Cook over a medium heat for one minute.
- Add the prawns and cook for a further two minutes until pinkish. Remove and set aside.
- Add the remaining rapeseed oil and the egg whites. Cook gently, breaking them up, then put aside.
- To the empty pan, add the sesame oil, fish sauce, soy sauce, vinegar and agave syrup and cook for two minutes. Turn up the heat and add the prawns, egg, spring onions, blanched veg and noodles.
- Serve garnished with nuts, coriander and lime juice.

SNACKS

Rice cakes with almond butter and popcorn contain filling fibre and heart-healthy monounsaturated fat.

BROCCOLI

provides chromium, which regulates blood sugar levels

TIGER PRAWNS

provide vitamin B12, which enhances energy

GARLIC

provides quercetin, which soothes muscles

PREP TIME
10 minutes
COOKING TIME
10 minutes

per portion

CALORIES
923

CARBS
148g

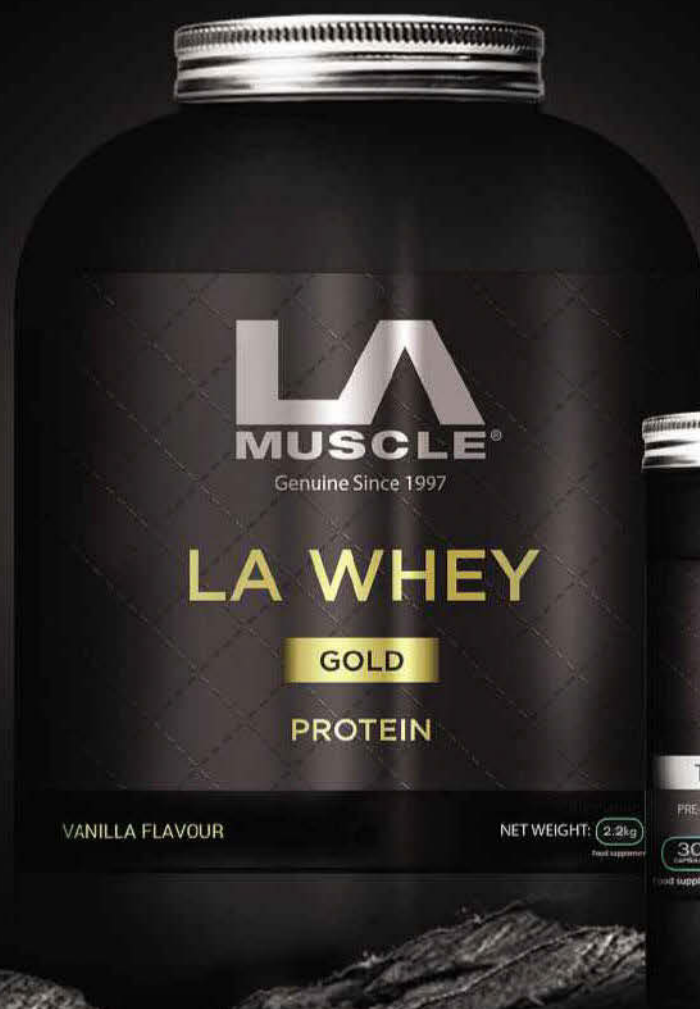
PROTEIN
49g

FAT
21g

"Protein is protein, right?"

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Beyond the kale

Get the leafy veg's fat-fighting nutrients and more in this breakfast smoothie

Kale for breakfast? Don't pull that face – by whizzing it into a smoothie you'll get the phytonutrient benefits with none of the leafy horror – and adding the rest of the ingredients in this smoothie, created by nutritionist Scott Baptie (foodforfitness.co.uk), will also give your body a fat-fighting jolt. Cereal: killed.

INGREDIENTS

- ▶ Handful of kale
- ▶ ½ a pear
- ▶ 1tbsp natural yogurt
- ▶ Pinch of cinnamon
- ▶ 1tbsp honey
- ▶ Water, to taste

CALORIES	PROTEIN
143	2g
CARBS	FAT
36g	1g



Words: Ben Ince
Photography: Danny Bird

1 Kale is packed with calcium, which plays a key role in regulating body fat levels.

2 Pears contain anti-inflammatory flavonoids, which help you recover after a tough gym session.

3 Natural yogurt offers high levels of protein, which keeps you feeling full throughout the morning.

4 Cinnamon can help to improve insulin sensitivity, which reduces fat storage.

5 Honey has been found to increase exercise capacity, allowing you to burn more calories.

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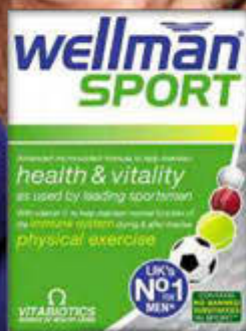
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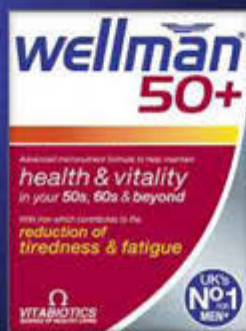
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P132 PROTECT YOUR GROIN **P134** HOW TO GET RIPPED, STREET-STYLE **P139** BUILD AN A-LIST BODY



CYCLE OF LIFE

**Time to get back in the saddle
 - it'll help you live longer**

Lycra virgin? It's time to lose your cherry – at least, if you want to age gracefully. Research published in the *Journal Of Physiology* on the impact of exercise on the body found that cycling can 'optimise' the ageing process, helping maintain health and wellbeing throughout life.

Scientists from King's College London analysed the physiological functions of more than 120 regular cyclists aged between 55 and 79, including cardiovascular, respiratory and cognitive functions, and found few typical signs of ageing. To qualify for the experiment, male volunteers had to be able to cycle 100km in under 6½ hours – a pretty manageable pace at any age. Make a start with two 30-minute sessions a week – whether you do it in skin-tight shorts or not is your call.



THE COACH Steve Kowalenko

THE PLAN 'Do this two or three times a week for four weeks using the same weight,' says Kowalenko. 'Before you start, do an AMRAP test to see how many rounds you can do in ten minutes, then try again after four weeks - you should've smashed your initial max, as well as shedding plenty of fat.'

WEEK 1

SETS 2 REPS 8
REST 90SEC

WEEK 2

SETS 3 REPS 8
REST 90SEC

WEEK 3

SETS 3 REPS 10
REST 90SEC

WEEK 4

SETS 3 REPS 10
REST 60SEC

'TO RECRUIT YOUR UPPER BACK, RAISE YOUR ELBOWS TOWARDS THE CEILING RATHER THAN JUST PULLING WITH YOUR HANDS,' SAYS KOWALENKO



FULL-BODY FAT LOSS

Combine these five full-body lifts into a super fat-fighting complex

Ready for some time at the bar? This complex unites five compound lifts to devastating effect. Do each for the required number of reps (see above), then move on to the next without setting the weight down. Rest after all five moves.

'Barbell complexes are an effective tool to build muscle and torch fat,' says coach and former army PTI Steve Kowalenko of W10 Performance (w10performance.com). 'They're fun, they're quick and they elevate your

metabolism for longer than traditional cardio. Also, while cardio exercise can increase your levels of cortisol - the hormone responsible for fat storage - this complex releases anabolic hormones, helping you maintain muscle mass.'

'SQUAT STRAIGHT DOWN. IF YOUR HIPS GO BACKWARDS IT WILL CAUSE YOU TO LEAN FORWARD AND STRAIN YOUR BACK'



'AT THE START, PUSH YOUR HIPS BACK SO YOUR HAMSTRINGS AND GLUTES ARE FULLY ENGAGED. DON'T BEND YOUR KNEES'



1// BENT-OVER ROW

Hold the bar with an overhand grip, hands shoulder-width apart. Keep your core engaged and hinge forwards at your hips, keeping your back flat. Pull the bar up to your sternum, then lower.

2// HANG POWER CLEAN

With arms straight, let the bar hang to just above your knees. Straighten up and snap your hips forwards to lift the bar high. Catch it on the top of your chest, with your elbows as high as you can get them.

3// FRONT SQUAT

With the bar resting on the top of your chest and your elbows high, squat until your thighs are at least parallel to the floor. Make sure your knees stay wide apart and your heels remain in contact with the ground. Drive back up.

4// PUSH PRESS

Get a good grip on the bar again. Drop into a quarter squat and, as you drive back up, use the momentum to press the bar overhead. Keep your core and glutes tight so your back doesn't curve under the weight.

5// BACK SQUAT

Lower the bar onto your shoulders behind your head. Keep your chest up and lower into a squat, keeping your weight on your heels. Drive back up. Once you've finished all your reps, you can set the bar down.





THE EXPERIMENT

MST

Can modified strongman training provide the key to getting ripped? MF's Ben Ince flips some tyres to find out

Strongmen don't top many 'body types you'd love to have' lists. Zydrunas 'Big Z' Savickas wouldn't look out of place playing professional darts, for instance, and even Hafthór Björnsson (AKA the Mountain from *Game Of Thrones*) looks like he probably gets out of breath climbing the stairs. So, even if strongman-style kit such as sleds and

tyres is becoming more popular and accessible at gyms around the UK - my local Fitness First included - is it really worth doing?

'You don't need to have the physique or strength of a strongman to get the benefits of training like one,' says coach Luke Chamberlain, as I arrive for my first 'modified' strongman session. 'Appearances can be deceptive. Professional strongmen eat up to 10,000 calories a day to add mass and counterbalance the enormous weights they lift, but if you take diet out of the equation, a lot of the more unusual events they do can be replicated in a gym and modified to help achieve huge improvements in physique and athletic performance.' Good news.

FLIPPING OUT

After some mobility-based warm-up drills, Chamberlain rolls out an 80kg gym-specific 'tyre' - complete with handles. 'You're going to flip the tyre down the length of this track, then deadlift it by the handles and carry it back,' he says, which seems reasonable enough. 'You'll do that continuously for one

minute, rest for a minute, and repeat four times,' he adds with a smile. Ouch.

Flipping the tyre turns out to be easier than carrying it, but that's not saying much, and within 30 seconds I'm sweating and breathing hard. The combination of full-body strength, power and endurance required to pick up the tyre and repeatedly carry it the length of the track is exhausting. By the end I have no choice but to ditch the tyre and collapse on the floor in a heap.

Next is the sled. Elite strongmen can pull trucks weighing up to 40 tonnes, which makes the 80kg on the sled seem puny. But it's more than my bodyweight, and after a few lengths of the track my legs are seizing up while the harness bites into my shoulders.

After five brutal one-minute rounds - punctuated with one-minute rest periods - I finish with five rounds of clean and pressing with a ViPR, which, Chamberlain explains, replicates the strongman-style log press. It's a welcome break from forcing myself up and down the track, but I soon start to struggle, and it's a huge relief when the session ends.

THE POWER OF ONE

'A one-to-one work-to-rest ratio is crucial for maximising the fat-burning, muscle-building powers of strongman exercises,' explains Chamberlain when my shaking and dizziness has subsided. 'Working for a minute at maximum capacity produces large amounts of lactic acid, especially with big compound exercises like these. The body responds by

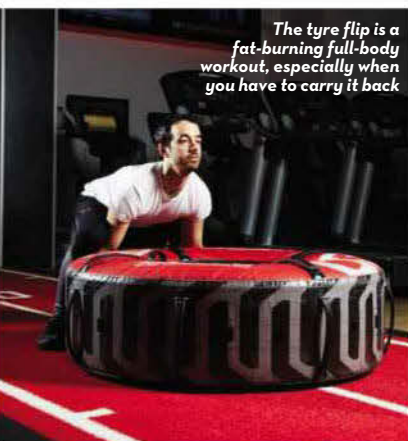




Ben finishes with ViPR cleans and presses, inspired by the strongman log press



Coach Luke Chamberlain pushes Ben through five gruelling minute-long sets on the sled



The tyre flip is a fat-burning full-body workout, especially when you have to carry it back



releasing extra growth hormone and testosterone, which helps you build lean muscle.'

The exercises also have a huge fat-burning metabolic effect. 'So much so that they cause an "afterburn" where you burn calories for hours after a workout,' he says. 'These two factors make MST ideal if you're trying to achieve a lean, muscular physique - you'll see far better results than you would a typical body-part split workout.'

STRONG TO THE FINISH

The sessions don't get any easier over the weeks, but I'm impressed with the visible changes in my physique, supported by a 1kg increase in muscle mass and a drop in body fat of four percentage points. What's more, the workouts become increasingly fun as I get used to the mental challenge. As a bonus, I even set a couple of lifting PBs in the gym in moves where I'd been stuck on plateaus. It might not be pulling trucks, but it's a start.

Thanks to Fitness First Bishopsgate.

Contact Luke Chamberlain on Twitter @impulsefitness.

THE RESULTS

Ben saw significant changes in his body composition and strength after just four weeks of modified strongman training.

	BODY FAT PERCENTAGE	BODY WEIGHT	PUSH PRESS ONE-REP MAX
BEFORE	15%	70KG	56KG
AFTER	11%	71KG	63KG

WALK THIS WAY

No access to strongman kit? These three exercises use regular equipment and are ideally suited to the 'five rounds, one minute on, one minute off' format

Overhead barbell carry
Builds your... **SHOULDERS AND CORE**
Walk holding a barbell overhead with arms locked out and core braced.

Weight plate Zercher carry
Builds your... **ARMS**
Hold a weight plate at chest height in the crooks of your elbows, keeping your shoulder blades pulled back.

Dumbbell farmer's walk
Builds your... **LEGS AND FOREARMS**
Walk with a heavy dumbbell in each hand with palms facing.



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SQUAT YOUR OWN BODYWEIGHT

Build your legs, lungs and heart with the king of lower-body moves

There's one gym truth that stands out above all others: you can never really be good enough at squatting. This essential lower-body exercise can build muscle, burn fat, make you better on the five-a-side pitch and eliminate any chance of you ever wearing skinny jeans - basically it's an exercise with no drawbacks. So it's time to improve it. The aim of this month's challenge is simple: load your own bodyweight on the bar, step out of the rack and squat it as many times as you can. As a bonus, there's no chance of losing your spot to any lurking squat-rack curlers.

THE WARM-UP

Warm up with unweighted squats to get your form right: heels planted on the floor, chest up. Do eight sets of 20 seconds of squatting and ten seconds of rest. Don't go crazy trying to get as many reps as possible - this is just to get your legs nice and warm.

THE MOVE

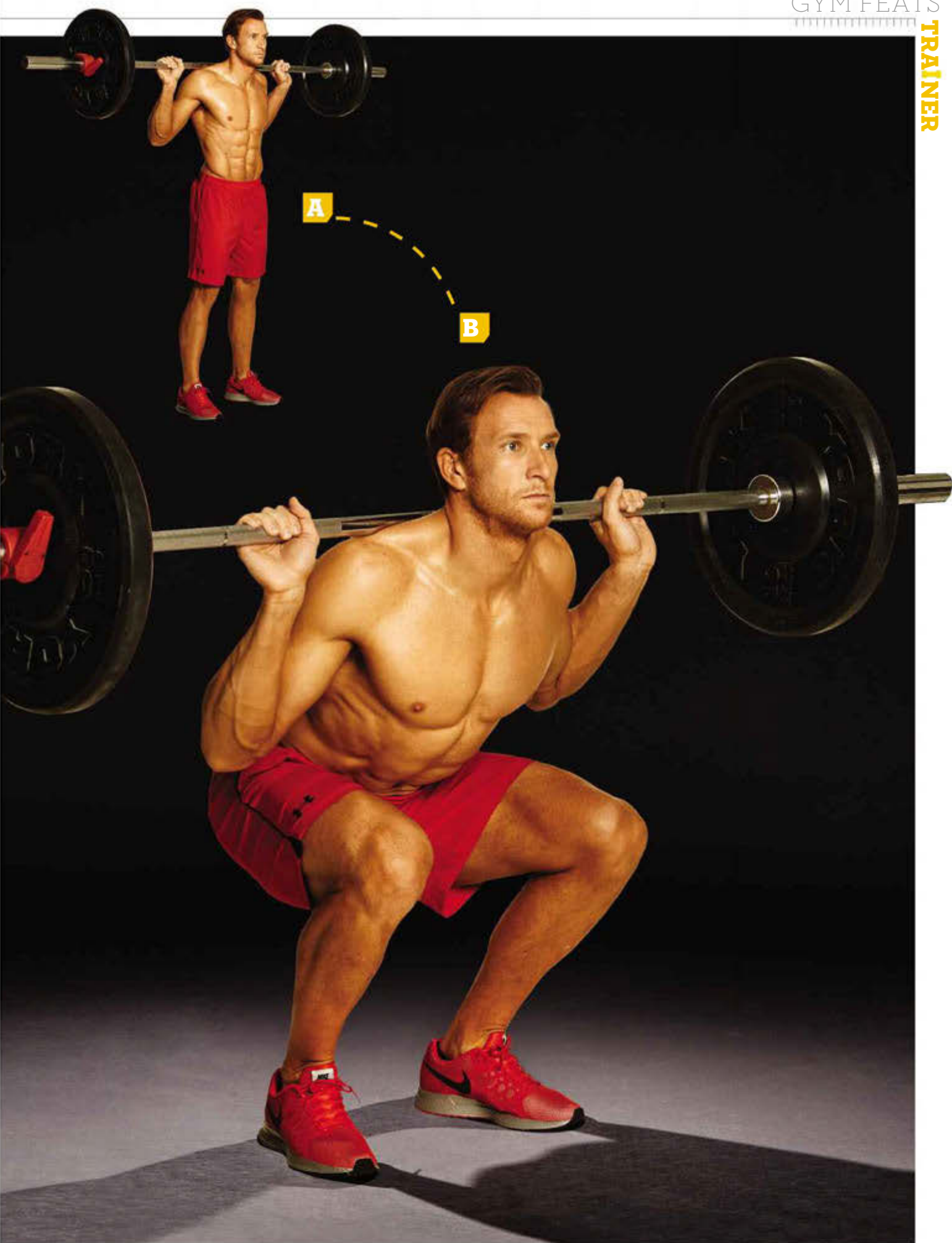
First, nail your form. Stand with your feet roughly shoulder-width apart, toes pointing slightly out - experience will teach you the best distance and angle. To do the squat, sit down and back, keeping your weight on your heels, until your upper thighs are parallel to the floor, then push up. Keep your back as upright as possible and remember, the bar should be above your heels at all times for maximum efficiency.

THE CHALLENGE

The challenge starts when you take the bar out of the rack and ends when you put it back. 'You can basically always do one more rep,' says strength coach Dan John, 'and that's the nasty part - your lungs are going to give out before your legs do.' Your strategy will depend on your strength but a good call is to take one deep breath between each rep, then two or three per rep as you hit the 20-rep mark. This could get nasty, so use the plan in the table below to build up to a great score in just five weeks.

	SETS	REPS	WEIGHT
Week 1	2	20	60% of bodyweight
Week 2	3	20	60% of bodyweight
Week 3	4	20	60% of bodyweight
Week 4	5	20	60% of bodyweight
Week 5	1	As many as poss	Bodyweight





PUSH ON THROUGH

Hitting the bench again? No need. Here's how to build a strong, functional upper body in the comfort of your own home

Stop the presses: there are better ways to stay in shape. 'You need a session that strengthens the chest, shoulders and arms equally to build functional strength as well as muscle,' says strength coach Andy McKenzie (ironmacfitness.com). 'This session does that and integrates the core.' So you'll build a six-pack and your chest. Winner.

• DIRECTIONS

Complete the required reps for each move without resting. Rest for two minutes, and repeat the whole circuit four to six times, depending on how jelly-like your arms feel afterwards.

1 HANDSTAND WALL WALK

REPS 2

Get into a press-up position, facing away from a wall. Then place your feet on the wall and walk upwards until you're in a handstand. Walk back down to return to the start - that's one rep.



B

2

PIKE PRESS-UP

REPS 4

With your feet on a chair or sofa, bring your hips up into a pike so your legs are at right angles to your torso. Bend your arms to lower yourself towards the ground, then press back up.



3

EXPLOSIVE PRESS-UP

REPS 6

Get into the top position of a press-up. Lower until your chest almost touches the floor, then push explosively up – your hands should leave the ground. Land softly, and pause before the next rep.

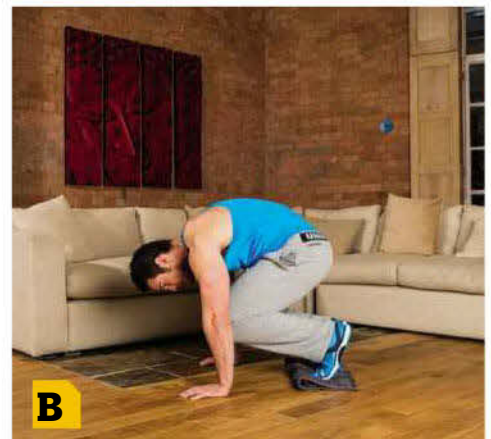


4

TOWEL SLIDE SQUAT THRUST

REPS 8

Get into a press-up position with your feet on a towel. Bring your knees up towards your abs quickly, then push them back out.

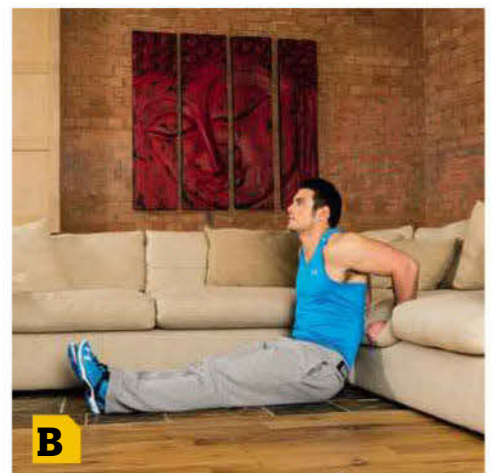
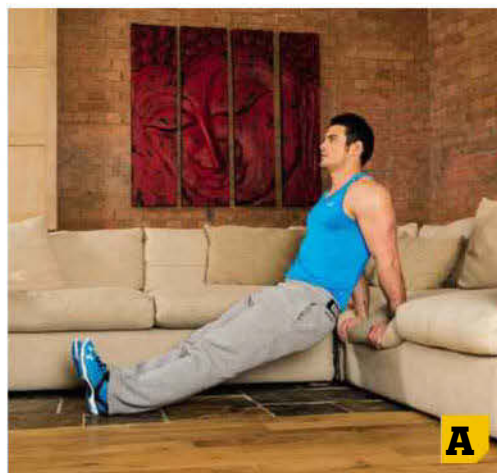


5

CHAIR DIP

REPS 10

Support your weight with your hands on a pair of chairs (or one sofa) with your arms straight. Lower until your upper arms are parallel to the floor without letting your glutes touch the floor. Pause at the bottom, then press back up. If this isn't challenging enough, rest your feet on a chair.



COMING NEXT MONTH



HEAL AND GROW
The no-kit workout that'll fix your body - then make it stronger

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GOLD PEDAL

British BMX champion
Liam Phillips reveals his
leg-building secrets



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THE FUTURE
WORLD'S FITTEST MAN

JOSH BRIDGES

The elite CrossFit athlete is on a mission to become the 2015 CrossFit champion. Prepare to be shocked by what he's putting himself through to achieve it

Twenty-six. That's the pitiful number of days 31-year-old elite CrossFit athlete and former US Navy SEAL Josh Bridges has off from training in a year. To save you working it out, that means he trains 330 days over a 12-month period. And he does between two and three sessions a day, meaning he trains more than 700 times from the start of January to the end of December. Most of us won't do that many workouts in five years.

JOSH BRIDGES



Age 31

Height 1.65m

Weight 77kg

Achievements

- Fourth place, 2014 CrossFit Games
- Seventh place, 2013 CrossFit Games
- Second place, 2011 CrossFit Games



Top CrossFitters need Olympic-level technique in explosive lifts



'I play training by ear,' he tells *MF* at a Nike training event to launch the new CrossFit-friendly shoe, the Metcon 1 - he's the first ambassador Nike has brought on board as it makes its first steps into a sport that's been dominated by Reebok. 'If I'm feeling good, I push. If not, I back off. I've been training CrossFit since 2005 so I know I can handle resting only one day every two weeks.'

FIT FOR PURPOSE

If you know nothing of CrossFit, you'd be forgiven for thinking he has a problem. Even if you are familiar with CrossFit - a multi-discipline sport comprising constantly varied high-intensity functional movements from the worlds of Olympic lifting, powerlifting, endurance sports and gymnastics - you might think he has serious overkill issues.

But if you consider the make-up of the competition that crowns the yearly CrossFit champion (and World's Fittest Man), the CrossFit Games, it makes more sense. Take the 2014 event, for example: on two of its four days, competitors had to complete four workouts so brutal that just one would leave most people on their knees.

Arguably the hardest day of last year's event started with Triple 3 - a 3,000m row, 300 skipping double-unders and a three-mile (4.8km) run for time. It was followed by two 100-yard (91.4m) sled push workouts for time and finished the 21-15-9 complex, in

which athletes had to complete a 90-rep workout of 70kg deadlifts, 70kg cleans, 70kg snatches, pull-ups, chest-to-bars and muscle-ups for time. And that's just one day.

The diversity of the Games events means Bridges needs to train in everything from the Olympic lifts - the clean and jerk and the

snatch - to running, rowing, rope climbing and gymnastic movements such as handstand press-ups and muscle-ups. 'You have to be careful you don't overtrain one thing at the expense of another,' says Bridges. 'I'm not the strongest guy out there, but I'm solid with my gymnastics and calisthenics-style movements and I have good endurance.'

So is his training mainly strength-focused? 'No,' says Bridges. 'Recently I've been working up to a lot of heavy single reps with my front and back squats and Olympic lifts to build strength, but if I just work on my weaknesses and neglect my strengths, I'll become mediocre at everything. To excel at CrossFit you need to be really good at everything.'

'At the moment the qualifying for the CrossFit Games [the Open, a series of workouts that competitors either film and submit to the CrossFit website or take on at affiliated gyms] is taking place so my training has been geared to that,' says Bridges. 'The exercises in the Open workouts are fairly basic but you need a good work capacity to do well. When you get to the regional events, the last qualifying round before the Games, the weights get heavier and the moves harder so my workouts change accordingly.'

OUT OF JOINT

The ability to survive such a regime is down to two things: borderline X-Men-style genetics and an unholy ability to recover quickly.





'MY KNEE DISLOCATED AND EVERY LIGAMENT WAS SHREDDED'

Bridges, who placed second in the 2011 CrossFit Games (his first), has both. That's not to say his CrossFit career has been all smooth - in 2012 he horrifically injured his knee while serving as a Navy SEAL. 'It was a freak accident,' he says. 'My knee dislocated and pretty much every ligament was shredded. I remember looking down and seeing my leg bent 45° the wrong way. It was gross.'

But for a man capable of pushing himself hard, it was just another obstacle he had to overcome. 'Three days after I did it I was in the hospital gym,' he says. 'I was heavily medicated and my heart was racing because my blood was a little thin. I remember thinking that I shouldn't go too hard but I had to stay active to get on the road to recovery.'

The 2012 Games were a write-off, but he finished seventh in 2013 and showed he was

CROSS THEM OFF

Bridges's stretches will get you ready for the rigours of CrossFit

BRIDGES SAYS 'These stretches will loosen up your whole body and ensure you have full range of motion through key joints and muscle groups. Ideally spend ten minutes doing mobility and dynamic stretches before your first working set.'

1 QUAD STRETCH

SETS 1 TIME 90SEC EACH SIDE

Kneel with your back foot against a wall and your front foot on the floor. Squeeze your glutes so you feel a stretch in your hip flexors and quads.

Bridges says 'This opens up your hips for any move that includes squats.'



2 LAT STRETCH

SETS 1 TIME 90SEC EACH SIDE

Wrap a resistance band around your wrist and attach it to a bar above you. Holding your wrist with your other hand, lean into the stretch to rotate your shoulder and stretch the lats below your armpit.

Bridges says 'Using the stretch of the band helps open up your shoulder girdle.'



3 HAMSTRING STRETCH

SETS 1 REPS 20 EACH LEG

With a resistance band around your waist, step one foot forward and bend at the hips. Slightly bend then straighten your front leg.

Bridges says 'Essential for anything from Olympic lifts to running.'



4 CHEST STRETCH

SETS 1 TIME 90SEC EACH SIDE

Wrap a resistance band around your wrist and attach it to a bar diagonally above and behind you. Step away from the bar to stretch your pecs. Increase the stretch on each breath.

Bridges says 'Opening up your pecs is key for overhead work.'



**'IT'S AMAZING
HOW MUCH
RECOVERING
YOU DO WHILE
UNCONSCIOUS'**



truly back in the game with fourth place last year. 'The knee is good now,' he says. 'But I have to spend a long time warming it up if I'm doing deep squats. I've also had to undo a lot of crappy habits and strength deficiencies I'd built up while recovering.'


Even though he's fit again, recovery remains at the front of his mind. 'To cope with my workload, I get massages, have acupuncture, take salt baths and use compression,' he says. But of everything he does, he prizes sleep the highest. 'I try to get nine or ten hours a night. It's amazing how much recovering you do while you're unconscious.'

SLACKING OFF

'In my 20s I used to walk into hard workouts with no warm-up but now I need to work my way in to avoid pulling muscles,' Bridges says. 'I spend ten to 20 minutes on warm-up stretches [see the box on p127], lower-weight versions of the moves I'll be doing in a workout and flossing - where you wrap a short, thick resistance band around joints and limbs to break up scar tissue that builds up during a previous workout so your muscles can move more freely and efficiently.'

For a man so meticulous about training and recovery, you'd expect him to be the same about food but the way he trains means he can indulge some of his nutritional vices. 'I will never give up burritos or pizza,' he says. 'I work out so much I can't eat enough broccoli, spinach and chicken to feel full so I need a huge supply of carbs. I love bread - provided you get the right balance of macros it's a myth that you have to give it up.'

With the first few months of training in 2015 going well, this could be the year Bridges finishes at the top of the podium. 'I've been grinding hard and I'm healthy,' he says. 'I've adopted a slightly different mentality to training. Rather than getting hung up on what times other people are putting in or weights they're lifting, I've stayed out of their business on social media and focused on beating myself. Hitting a PB feels like a genuine achievement and spurs me on. It's made my training a lot more fun. I feel truly ready for the Games this year.'

Would you bet against a man who's prepared to train 700+ hours a year to achieve his goal? We wouldn't. 

Thanks to Nike (nike.com)

MY GIRL

Some of the most famous CrossFit workouts are named after girls. Do this one to get a taste of what CrossFit is all about

'All the "girls" are fun,' says Bridges. 'Beginners should start with one that's dirty enough to give them a feel for how demanding CrossFit is, but without too many technical movements so they can give it a go without having to train the exercises first. This one's named Fran.' With a 40kg barbell, perform 21 reps of thrusters, followed by 21 pull-ups. Then do 15 reps of each exercise, then nine reps of each.

THRUSTER

Hold the barbell on the backs of your shoulders with your hands just wider than shoulder-width apart. Sink into a deep squat, stand and press the bar overhead.

PULL-UP

To put in the best time possible, you need to learn butterfly pull-ups, where you use a motion similar to the swimming stroke to power the move. If you'd rather do each rep strict, it's a dead hang at the bottom, chin over the bar at the top.

TIME TO AIM FOR Sub-7min
(Bridges's best time is 2min 2sec)

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Terrain training

Conquer the trails with confidence using this six-move circuit

THE COACH

Robbie Britton is a team GB ultrarunner and coach (centurionrunning.com), and is currently ranked number 17 in the world for ultras. He went from running his first marathon to competing for Great Britain in the World Ultra Marathon Championships in just four years.



THE GOAL

'Becoming faster and more resilient on the trails is your aim, but this workout can support and improve your performance,' says Britton. 'Running on trails and hills already gives your body a more varied workout than a flat road can - mixing up the terrain and routes will keep your body guessing and work your whole body, not just your legs. But supplementing your runs with these core, mobility and strengthening exercises will help you hold your form in the latter stages of a race. They'll keep you moving quickly and efficiently.'

THE WORKOUT

'Perform the exercises in this six-move circuit back to back three times, resting for two minutes between each circuit,' says Britton. 'Do it once a week at first, building to twice a week to supplement the work you do on the trails. For any moves involving weights, avoid going too heavy. Explosive box jumps are the long-distance runner's equivalent of lifting big weights. You'll earn all the power you need for the trails without having to go too heavy in the weights room.'

Robbie Britton will wear Inov-8 running shoes to compete in ultra races over all terrains in 2015. Read blogs from him and other Inov-8 athletes at team.inov-8.com

Get the interactive version of this workout in the digital edition of *Men's Fitness* AVAILABLE ON IPAD, IPHONE, KINDLE FIRE, ANDROID AND WINDOWS



1 SQUAT TO AROUND THE WORLD

Hold a medicine ball in both hands and lower into a squat. Drive back up, then slowly circle the ball around your head in one direction, then the other, keeping your core tight.

BEGINNER 8 REPS EACH SIDE

INTERMEDIATE 10 REPS EACH SIDE

ADVANCED 12 REPS EACH SIDE



2 PLANK

Get into a plank position with your weight supported by your feet and forearms. Keep your body in line, feet together and elbows directly under your shoulders. Squeeze your abs and core to help you keep your hips up.

BEGINNER 30SEC

INTERMEDIATE 60SEC

ADVANCED 90SEC



3 SINGLE-LEG SQUAT

Stand on one leg, with the other raised behind you and your arms in front for balance. Keeping your chest up, lower into a squat. Keep your knee in line with your toes, and go as low as you can without losing your balance.

BEGINNER 6 REPS EACH SIDE

INTERMEDIATE 8 REPS EACH SIDE

ADVANCED 10 REPS EACH SIDE



4 V-SIT

Lie on your back with your arms and legs outstretched. Contract your core and bring your legs and arms together, keeping them straight, then lower to the start under control.

BEGINNER 8 REPS

INTERMEDIATE 10 REPS

ADVANCED 12 REPS



5 KETTLEBELL STEP-UP

Holding kettlebells, brace your core and place one foot on a bench. Drive through the heel to step up on the bench. Carefully step back down, lead leg first. Alternate sides.

BEGINNER 8 REPS EACH SIDE

INTERMEDIATE 10 REPS EACH SIDE

ADVANCED 12 REPS EACH SIDE



6 BOX JUMP

Stand facing a knee-high box or bench. Jump powerfully onto it, using your arms to generate momentum if you need to and bending your knees to soften your landing. Step rather than jump down, then repeat.

BEGINNER 3 REPS

INTERMEDIATE 4 REPS

ADVANCED 5 REPS

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INJURY-PROOF YOUR... GROIN

*Protect your vulnerable bits with our expert's advice
and ensure your groin doesn't take a kicking*



Alex Hunter is clinical director at Six Physio (sixphysio.com) specialising in spinal rehabilitation and sporting injuries, especially those affecting the shoulder, groin and ankle.

The groin is a troublesome area for both occasional and serious athletes,' says Hunter. 'The groin muscles, or adductors, act to move the leg across the body from the hip, but their main purpose is to stabilise the leg. They have to work harder when you move laterally, as you often do in sports.'

1 ADDUCTOR STRAIN OR TEAR

'This occurs when one of the groin muscles is overloaded and the muscle fibres fail. These are graded from 1-3, ranging from pulled muscle fibres to complete rupture. This can occur suddenly if you play sports with lots of twisting and is often quite painful. Recovery can take up to three months.'

PREVENT IT

'Your groin muscles don't like moving quickly if they're cold so include a dynamic warm-up before explosive exercise. Don't do static stretching, which can increase the chance of injury. Instead, simple hip swings, moving your leg both forwards and sideways one at a time for 30 seconds each, can be preventive.'

2 GILMORE'S GROIN

'This condition was first recognised by the surgeon Jerry Gilmore while treating professional footballers in the 70s. It's essentially disruption of the external oblique abdominal muscles where they attach to the conjoint tendon (near the family jewels). This takes a stable base of support away from the adductor muscles and they become painful.'

PREVENT IT

'Often surgery is required but making sure your oblique muscles are super-strong can help manage the condition. Get into a plank, then transition to a side plank and back again without letting your knees touch the floor. Repeat 20 times on each side for three sets.'

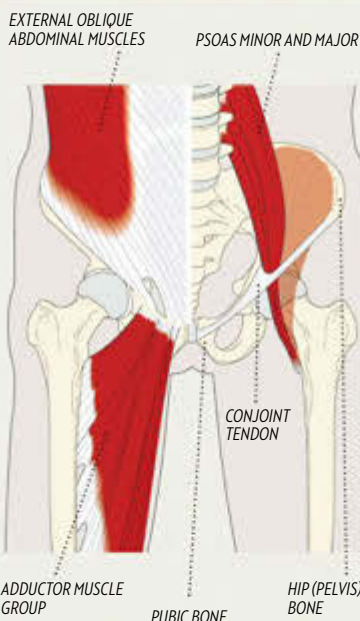
3 OSTEITIS PUBIS

'At the centre of the pubic bone (the front bone of the pelvis) is a small disc made of cartilage, and this structure can become inflamed and sore if overloaded. This can happen when strong shearing forces go



James DeGale (left) was hampered by Gilmore's groin in several fights before surgery in 2013

ANATOMY OF THE GROIN VIEWED FROM THE FRONT



through it, as with the long jump and hurdles, but more commonly with walking lunges.'

PREVENT IT

'Condition your body to these forces with split squats. Start in a lunge position with the heel of your back foot raised. Keep your back upright and slowly rise and lower. Hold dumbbells to increase resistance. Do three sets of ten reps each side on leg days or twice a week in front of the TV.'

4 ADDUCTOR TENDINOPATHY

'This painful condition is usually caused by weakness in the hips, core, glutes and adductors. Tendons often don't heal correctly after injury and because they're made of thick collagen they don't like stretching, so it's really important you don't try to "stretch it better".'

PREVENT IT

'Use this isometric exercise. Lie on your back with your feet on the floor and knees bent at 90°. Hold a light med ball or football between your knees. Now engage your abs and squeeze the ball firmly for ten to 15 seconds. Repeat this five times. Too easy? Make it harder by raising your glutes into a bridge position.'

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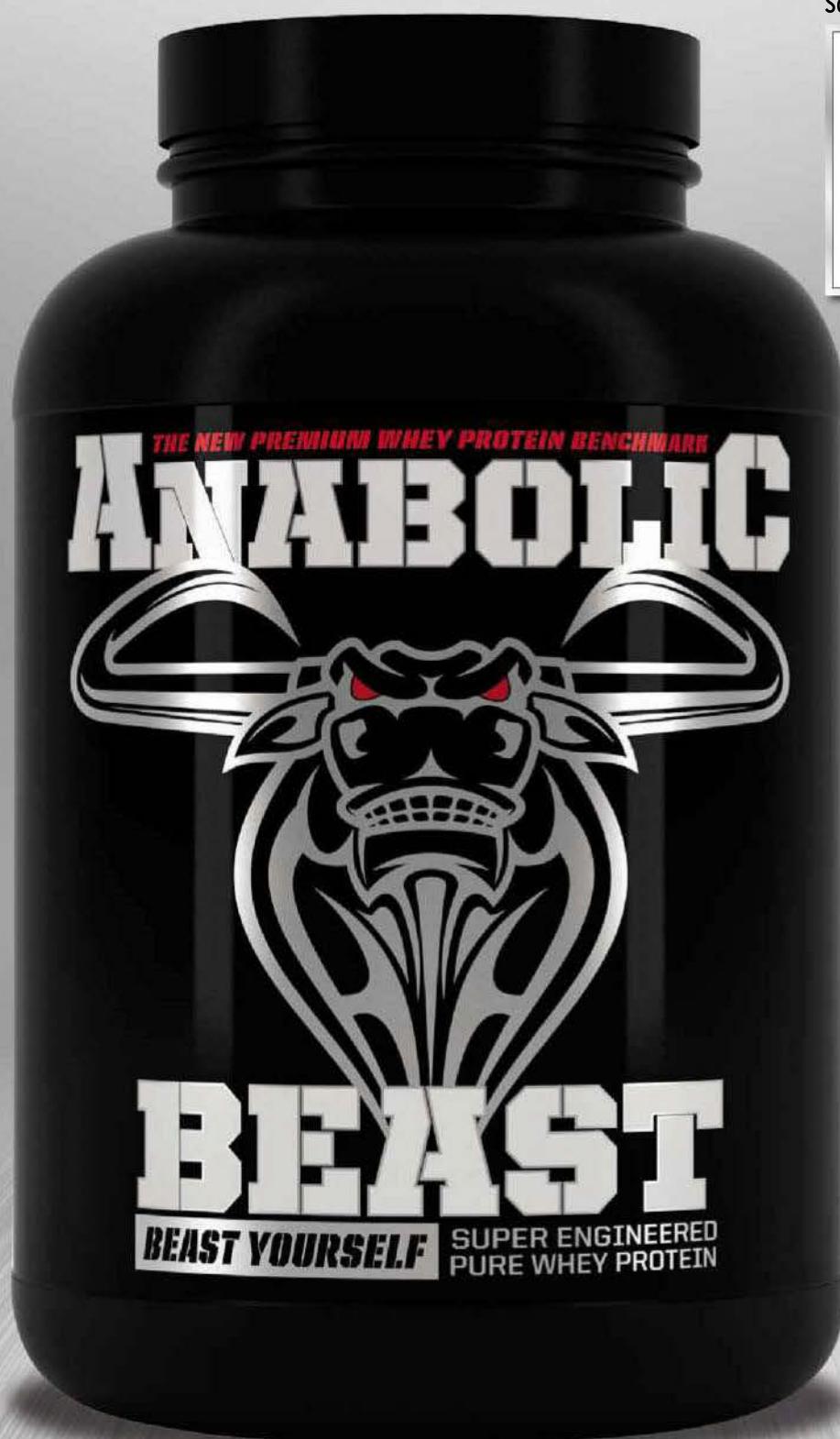
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CALISTHENICS

You don't need weights to build strength, as conditioning expert Tye Sets explains



If your local park has dip bars, chances are you've seen ripped guys performing acrobatic feats on them. It looks impressive but there's nothing complicated about it. This is calisthenics and as a principle it's very simple: it's bodyweight training - anything from the basic press-up to the advanced front lever. It's what gymnasts use to build strength across their whole body, helping them execute isometric holds and dynamic routines.

BODY ART

The word comes from the ancient Greek word *kállos*, meaning beauty, and *sthénos*, meaning strength. As well as giving you the

strength, power, flexibility and cardiovascular fitness of gymnasts (not to mention the lean, muscular physique), it will help you use your body with grace and control.

But don't expect to jump straight into an iron cross on rings. It might take a hundred hours of training to be able to manage a ten-second hold. I developed the strength for advanced moves by first going to my local gym and doing press-ups, dips and pull-ups every day. Use grip variations, negative reps and static holds and you'll build the foundations to perform amazing feats of strength.

In its modern form, calisthenics is often known as street workout and it's about more than just fitness. Social events known as bar jams are held indoors and out, where you can enter pull-up or muscle-up compe-

titions as well as freestyle contests. There are bespoke classes in parks and gyms and even world championships organised by the World Street Workout & Calisthenics Federation (wswcf.org). This year's final is in Moscow in December, and UK qualifying is hosted in Eastbourne in July 2015. Competition is fierce - only one will get to the final.

RAISE THE BAR

The best thing about calisthenics is you can do it anywhere. Invest in some parallettes - you won't regret it. And for inspiration, search for Hannibal for King on YouTube.

Tye Sets runs calisthenics classes in Battersea Park and Pure Gym in London. You can find him on Facebook, Twitter, Instagram and YouTube

WORTH YOUR WEIGHT *Add these calisthenic moves to your training for full-body strength gains*

» HOLLOW HOLD PULL-UP

Difficulty Beginner

Benefit Lats, abs, glutes, hamstrings, quads and grip
From a pull-up position, raise your legs together and contract your core to form a dish shape. Maintain this position and do a pull-up. Go for three sets of three slow reps.



» BIRDIE DIP

Difficulty Intermediate

Benefit Triceps, chest, core and grip
With your body above the bar, lean forwards so your chest is above your hands. Use your core and grip to keep your balance, and bend your arms to perform dips. Go for three sets of ten.



» DRAGON FLAG LEG FLUTTER

Difficulty Advanced

Benefit Abs, lower back and glutes
Raise your body so that it's vertical, supported by your upper back. Then lower your legs to 45°. Brace your core and flutter your legs for ten reps each side for three sets.



STREETWISE

Raise your bodyweight game at the UK's finest calisthenics centres

SWEATBOX FITNESS, BRISTOL



Sweatbox has developed a functional fitness facility offering a 20m frame built over a soft padded floor, and runs regular calisthenics classes to help you master your bodyweight on the floor and in the air.

sbfitness.uk.com

THE COMMANDO TEMPLE, LONDON



This indoor adventure mecca in south-east London features a calisthenics-inspired obstacle course rig complete with rings, monkey bars and an adjacent climbing wall to further work your grip and core strength.

beststronger.co.uk

SPARTANFAM, LONDON



Spartanfam's trainers host calisthenics competitions and races in London's East End, turning the urban cityscape into your outdoor gym, as well as running weekly athletics and gymnastics classes in north London.

spartanfam.com

THE COMPOUND, NORTHAMPTONSHIRE



With an indoor centre in Corby and an outdoor one in Kettering, these street workout parks offer facilities and coaching for all abilities. Each centre has a bespoke rig with pull-up, dip, handstand, planche, dragon and human flag stations.

thecompound.co.uk

HELP AT HAND

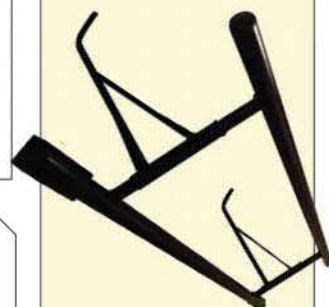
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» Fitstream calisthenics gloves

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» Powerbar 2 pull-up bar

£30 power-bar.co.uk

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» Globe Gripz

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Clip these spherical grip-strengtheners to dumbbells, dip bars or a pull-up bar to boost your finger strength while reducing strain on your wrists and elbows.

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BODY WORK

Want to get in blockbuster shape without the heroics? The X-Men's trainer has the solution

Question: how do you train a 100-year-old mutant, a shape-shifter and the master of magnetism? Answer: the same as anyone else. 'All my plans achieve results with the same formula: heavy weights, progressive overload and hard work,' says trainer David Kingsbury, who graduated from being Hugh Jackman's personal trainer to taking on almost all of Professor Xavier's academy. 'There are no special Hollywood secrets.'

The most important factors, says Kingsbury, are nutrition and consistency. 'This plan will increase size and strength - if you follow the right food plan. For muscle gain, eat 10-20% above your usual calorie intake while using this plan. For strength, eat 10% above that level and for fat loss, add 20-minute interval sprints (rounds of 30-second sprints and 90-second walks) twice a week and eat 10-20% below your usual levels.'

This plan might not be able to give you mutant healing powers but it forged Jackman's formidable Wolverine physique. And of course, resistance training is proven to help strengthen your bones. Not quite adamantium, but not miles off. Snikt!

HOW TO DO THESE WORKOUTS

This plan is made up of classic body part splits such as chest and back days and legs days. Ideally do the four workouts in order, resting a day between each when possible.

For maximum effect you should follow this plan for eight weeks, repeating the first batch of workouts every week for four weeks, then moving on to the second plan for the next four-week block. To ensure progression, aim to increase the weights you lift by 5% each week. The priority is to push yourself, so don't get too comfortable. Nobody said getting in superhero shape would be easy - but the results will be worth the struggle.



THIS MONTH'S TRAINER



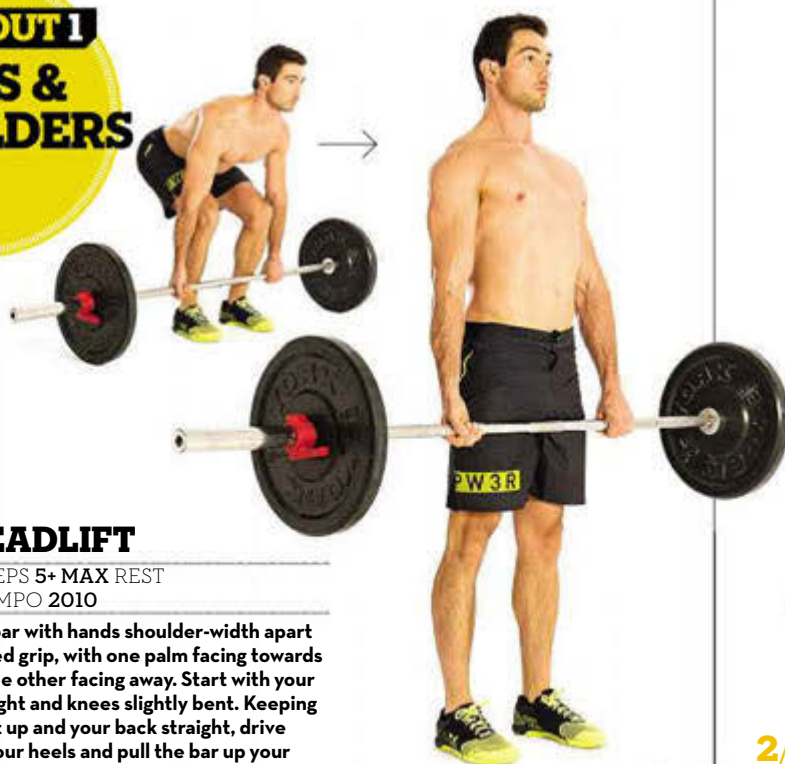
David Kingsbury is a personal trainer based

at Pinewood Studios (davidkingsbury.co.uk). He trained Hugh Jackman for his role in the Wolverine movies and worked with the cast of *X-Men: Days Of Future Past*.

WEEKS 1-4

In the first month, build your foundations with these four workouts

WORKOUT 1 LEGS & SHOULDERS



1// DEADLIFT

SETS 5 REPS 5+ MAX REST
2MIN TEMPO 2010

Hold the bar with hands shoulder-width apart and a mixed grip, with one palm facing towards you and the other facing away. Start with your arms straight and knees slightly bent. Keeping your chest up and your back straight, drive through your heels and pull the bar up your legs, pushing your hips forwards to stand tall.



2// ROMANIAN DEADLIFT

SETS 4 REPS 8 REST 90SEC TEMPO 2010

Stand holding a barbell in front of your thighs with an overhand grip. Keeping your legs slightly bent and your back straight, lean forward from the hips, not the waist, and lower the bar down the front of your shins until you feel a moderate stretch in your hamstrings. Reverse the move, pushing your hips forwards to stand.

KINGSBURY SAYS 'THE DEADLIFT IS THE FOUNDATION OF THIS PLAN. IT BUILDS STRENGTH AND SIZE - BUT ALSO DETERMINATION'

5+ MAX EXPLAINED

For the first set lift around 60% of your one-rep max. Increase the percentage by 5% for each set, then in your final set drop back to 60% and crank out as many reps as you can before failure. Next time you do the same workout or lift, increase the starting weight by 5%.

SET	REPS	%
1	5	60
2	5	65
3	5	70
4	5	75
5	MAX	60

TEMPO EXPLAINED

The tempo of each move is expressed as a four-digit figure. The first digit indicates how long in seconds you should take to lower the weight, the second how long you should pause at the bottom, the third how long you should take to lift the weight and the fourth how long you should pause at the top. An X means you should perform that phase of the move explosively.



3// OVERHEAD PRESS

SETS 5 REPS 8 REST 60SEC TEMPO 2010

Stand with your feet shoulder-width apart, holding the bar on top of your chest with hands just wider than shoulder-width apart. Brace your core and glutes to keep your balance and press the bar overhead. Lower back to the start.

4// SEATED ARNOLD PRESS

SETS 4 REPS 12 REST 60SEC TEMPO 2010

Sit on a bench so your back is supported and hold a pair of dumbbells with your arms bent and your palms facing you. Rotate your hands and press up in one move so your palms end up facing forwards, then reverse the move slowly.

**SUPERSETS EXPLAINED**

In a superset such as the one below, perform moves A and B back to back without resting between moves. Then rest as instructed before starting the next superset. For a tri-set (as on p147), perform moves A, B and C without resting between moves.

5A// LATERAL RAISE

SETS 4 REPS 10 REST 60SEC TEMPO 2010

Hold a light dumbbell in each hand by your sides, palms facing each other. Keep a very slight bend in your arms as you slowly raise the dumbbells up and out in an arc until they're level with your shoulders. Return them slowly to the start.

**5B// REVERSE FLYE**

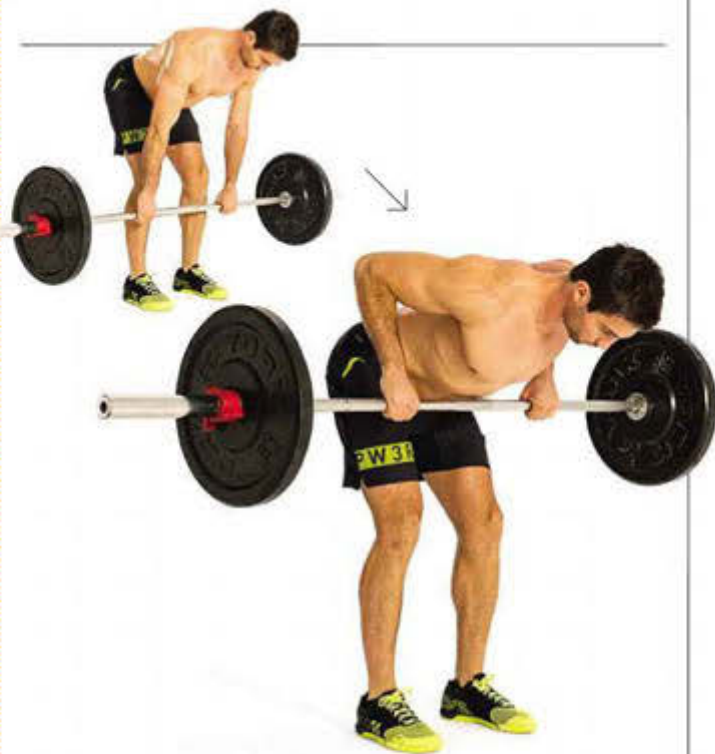
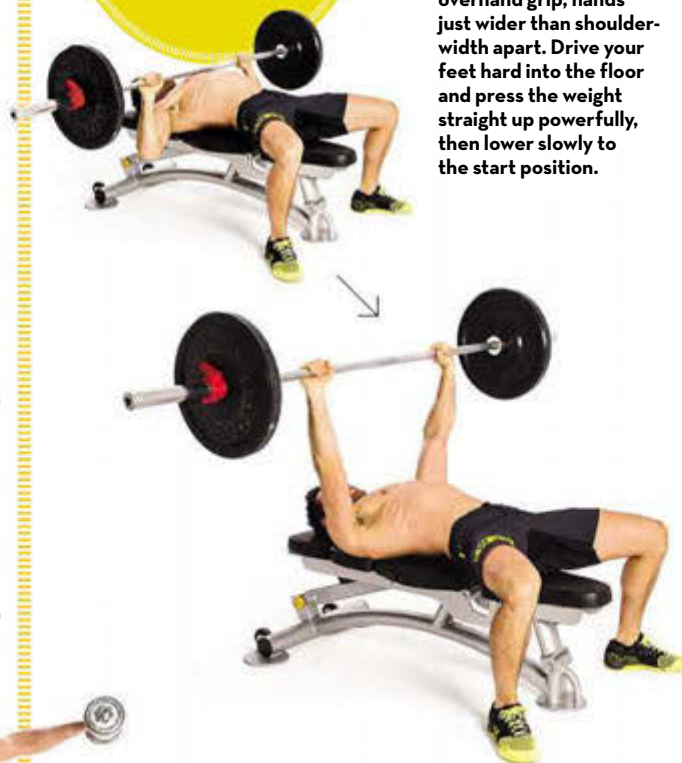
SETS 4 REPS 10 REST 60SEC TEMPO 2010

Stand with a dumbbell in each hand, hinging forward at the hips. Keeping a slight bend in your arms throughout, contract your upper back muscles to raise the weights out to your sides. Pause at the top, then lower slowly.

**WORKOUT 2****CHEST & BACK****1// BENCH PRESS**

SETS 5 REPS 5+ MAX REST 60SEC TEMPO 2010

Lie on a flat bench holding the bar with an overhand grip, hands just wider than shoulder-width apart. Drive your feet hard into the floor and press the weight straight up powerfully, then lower slowly to the start position.

**2// BENT-OVER ROW**

SETS 5 REPS 8 REST 60SEC TEMPO 2010

Bend your knees slightly and hinge forward from the hips, keeping your back slightly concave and your shoulder blades back throughout. Holding the bar with an overhand grip just outside your legs, pull the weight up to your lower sternum, then lower slowly.

3A// DUMBBELL INCLINE BENCH PRESS

SETS 4 REPS 10 REST
30SEC TEMPO 2010

Lie on a bench set at a 45° angle, holding dumbbells level with your chest so your palms are facing your feet. Keeping your feet planted on the floor, powerfully press the dumbbells straight overhead. Lower them slowly until they're level with your chest, then repeat.



4A// DIAMOND PRESS-UP

SETS 4 REPS 10 REST 0SEC TEMPO 2010

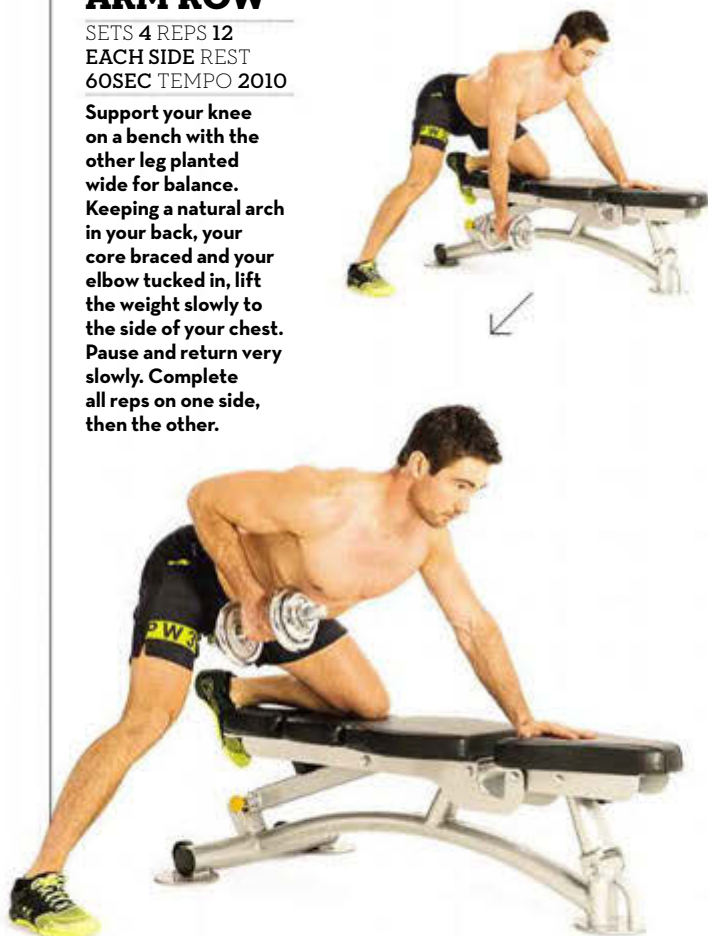
Perform a standard press-up but with the tips of your thumbs and forefingers touching to make a diamond. Lower your chest all the way until it touches your hands, then press back up until your arms are straight. This ensures a full range of motion to work your pecs and triceps.

KINGSBURY SAYS 'YOU DON'T ALWAYS HAVE TO GO HEAVY TO GET RESULTS. A SIMPLE PRESS-UP VARIATION CAN WORK WONDERS'

3B// ONE-ARM ROW

SETS 4 REPS 12
EACH SIDE REST
60SEC TEMPO 2010

Support your knee on a bench with the other leg planted wide for balance. Keeping a natural arch in your back, your core braced and your elbow tucked in, lift the weight slowly to the side of your chest. Pause and return very slowly. Complete all reps on one side, then the other.



4B// INCLINE DUMBBELL CURL

SETS 4 REPS 10 REST 60SEC TEMPO 3010

Lie on a bench set at a 45° angle holding a dumbbell in each hand with your arms straight down by your sides and your palms facing forwards. Curl the weights up to shoulder height. Squeeze your biceps hard, then lower the weights slowly.

WORKOUT 3 LEGS



1// DUMBBELL CALF RAISE

SETS 4 REPS 10 REST 60SEC TEMPO 21X1

Holding dumbbells, stand on a step or stack of weight plates so your heels are hanging over the edge. Lower your heels slowly, pause, then tense your calves and push up explosively onto the balls of your feet. Pause at the top, keeping your calves tense, then return to the start.



3// BULGARIAN SPLIT SQUAT

SETS 4 REPS 10 EACH SIDE REST 60SEC TEMPO 2010

Hold a weight plate to your chest and place one foot on a bench behind you. Bend your front leg to lower your body, keeping your chest up and front knee in line with your toes. Drive back up through your front foot to return to the start.

2// BACK SQUAT

SETS 5 REPS 5+ MAX REST 2MIN TEMPO 2010

With your feet just wider than shoulder-width apart, rest the bar on the back of your shoulders. With your chest up and core braced, squat down until your thighs are at least parallel to the floor. Drive back up through your heels to stand.



4// DUMBBELL FRONT SQUAT

SETS 4 REPS 20 REST 60SEC TEMPO 2010

Hold the dumbbells at shoulder height with palms facing. Keeping your chest up and your back straight, squat down until your thighs pass parallel, then drive back up.



5// GOOD MORNING

SETS 4 REPS 8 REST 60SEC TEMPO 2010

Stand holding a barbell on the back of your shoulders, not your neck. Slowly bend forwards at your hips, keeping your legs and back straight. Bend until you feel a stretch in your hamstrings, then rise back to the start.



KINGSBURY SAYS 'MADE FAMOUS BY BRUCE LEE AND ROCKY, THIS IS ONE OF THE HARDEST MOVES AROUND BUT WILL **BOOST YOUR CORE STRENGTH**'

6// SINGLE-LEG DRAGON FLAG

SETS 4 REPS 6 EACH SIDE REST 60SEC TEMPO 4111

Lie on a flat bench, gripping the seat below your head. Keeping one leg outstretched and the other bent, brace your core and glutes to keep your body in line. Raise your body until it's almost vertical, with your weight on your upper back and shoulders, not your neck. Brace your core hard and slowly lower your body until it's horizontal, then return to vertical.



WORKOUT 4

CHEST, BACK & ARMS

1// PULL-UP

SETS 5 REPS 5+ MAX REST 60SEC TEMPO 2010

Grasp a bar with an overhand grip so your palms are facing away from you and your hands are double shoulder-width apart. Contract your upper back muscles to help pull your sternum towards the bar. Then lower under control. If you can handle five reps easily, add weight using a weight belt or by holding a dumbbell between your feet.



2// INCLINE DUMBBELL BENCH PRESS

SETS 5 REPS 10 REST 60SEC TEMPO 2010

Lie on a bench set at a 45° angle, holding dumbbells beside your chest. Drive your feet into the floor and press the weights straight overhead before lowering slowly.



3A// DUMBBELL BENCH PRESS

SETS 4 REPS 12 REST OSEC TEMPO 2010

Lie on a flat bench, holding dumbbells with your palms facing. Drive your feet hard into the floor and press the weights straight up, then lower them slowly to the start position.

**3B// RING INVERTED ROW**

SETS 5 REPS 12 REST 90SEC TEMPO 2010

Hold the rings and hang so your body forms a straight line, with your heels on the floor and your core braced. Squeeze your shoulder blades together and pull yourself up, drawing your hands towards your armpits. Pause, then lower slowly.

**4A// DUMBBELL TRICEPS EXTENSION**

SETS 4 REPS 10 REST OSEC TEMPO 2010

Stand holding dumbbells above your head with your upper arms close to your ears. Keeping your upper arms static, bend at the elbows to lower the weights behind your head, then flex your triceps to raise the weights straight up.

**4B// PRESS-UP**

SETS 4 REPS 10 REST OSEC TEMPO 2010

Start with your hands shoulder-width apart and your body straight from head to heels. Lower your chest down towards the floor until your elbows reach 90°, then press back up.

KINGSBURY SAYS 'PAIRING THE EXTENSION AND PRESS-UP TOGETHER IS GREAT FOR TRICEPS DEVELOPMENT. JUST DON'T RUSH THROUGH THE REPS. TAKE YOUR TIME AND ENJOY THEM'

**4C// BARBELL BICEPS CURL**

SETS 4 REPS 20 REST 90SEC TEMPO 2010

Hold a barbell with your hands shoulder-width apart and your palms facing forwards. Keeping your elbows close to your sides, and without leaning back, curl the bar up to your chest. Squeeze your biceps hard, then lower the bar slowly.

WEEKS 5-8

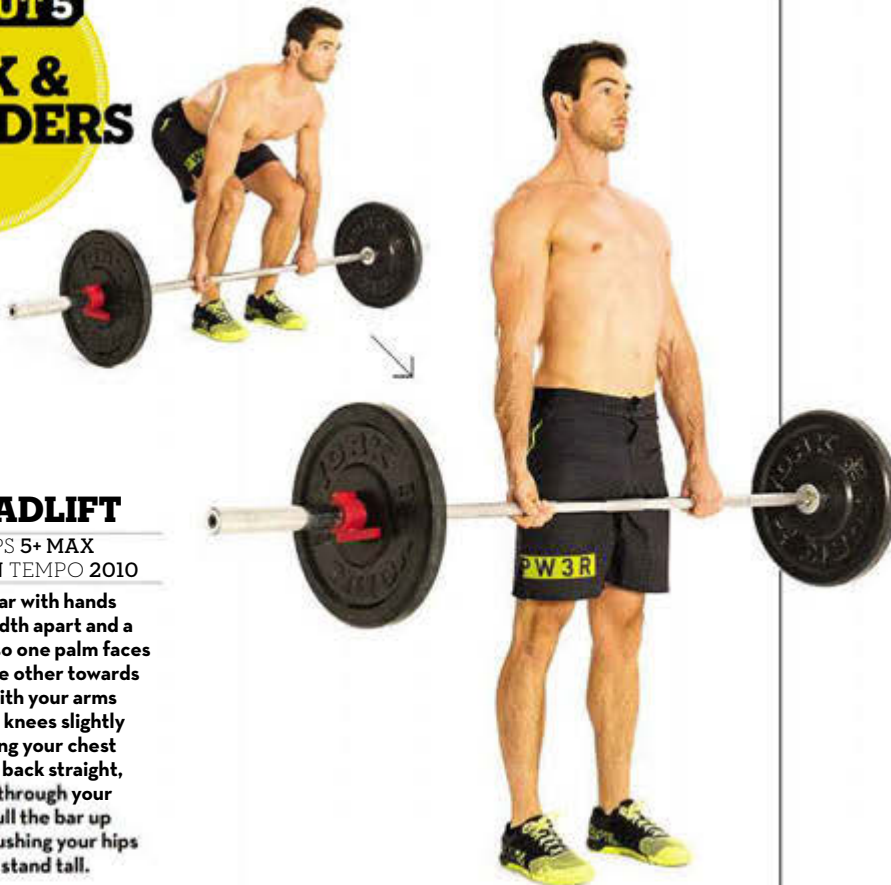
In the second phase, raise the bar and the intensity with high-volume challenges

WORKOUT 5 BACK & SHOULDERS

1// DEADLIFT

SETS 5 REPS 5+ MAX
REST 2MIN TEMPO 2010

Grasp the bar with hands shoulder-width apart and a mixed grip so one palm faces away and the other towards you. Start with your arms straight and knees slightly bent. Keeping your chest up and your back straight, drive down through your heels and pull the bar up your legs, pushing your hips forwards to stand tall.



2// RACK PULL

SETS 4 REPS 8 REST 90SEC TEMPO 2010

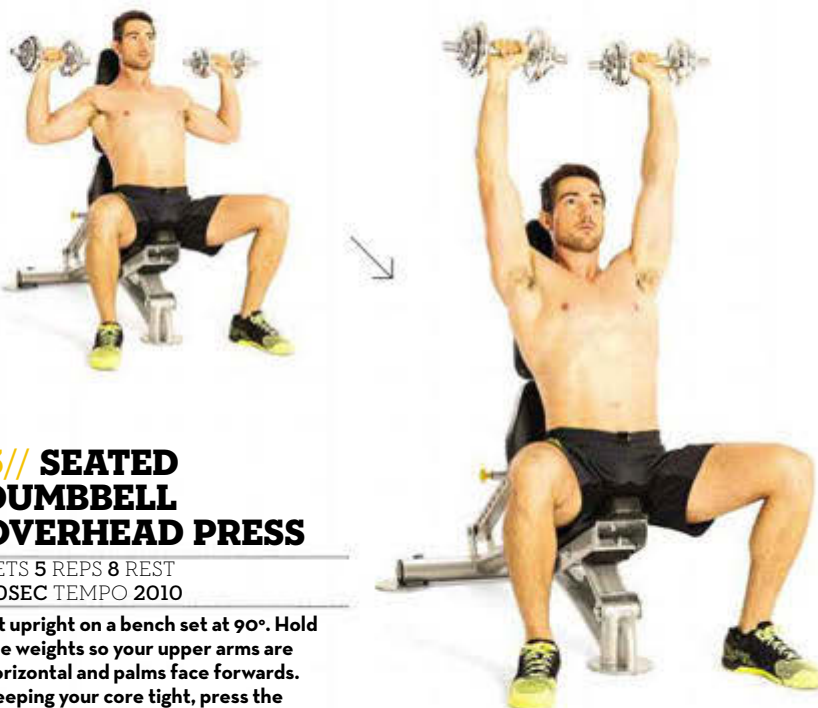
Set the safety bars just above knee height on a squat rack. With the barbell resting on the bars, bend your knees and grasp it with a shoulder-width grip, retracting your shoulders to keep your back flat. Brace your core, press down through your heels and drive your hips forwards to stand and raise the bar. Lower the bar to touch the safety bars.



3// SEATED DUMBBELL OVERHEAD PRESS

SETS 5 REPS 8 REST
60SEC TEMPO 2010

Sit upright on a bench set at 90°. Hold the weights so your upper arms are horizontal and palms face forwards. Keeping your core tight, press the dumbbells straight up, then lower slowly.



**KINGSBURY SAYS
'RACK PULLS
STRENGTHEN
YOUR GRIP AND
HELP YOU LOCK
OUT AT THE TOP
OF THE DEADLIFT,
BUT ABOVE ALL
THEY DEVELOP
HUGE AMOUNTS
OF UPPER BACK
MUSCLE'**

4// UPRIGHT ROW AND PRESS

SETS 1 REPS 50 CLUB
REST N/A TEMPO N/A

Hold the bar with an overhand grip, hands shoulder-width apart. Keeping your core strong and back straight, raise the bar, keeping your elbows above it. When the bar gets to your upper chest height, flip your elbows under the bar and continue to press the weight straight overhead.



50 CLUB EXPLAINED

Ideally you'd perform this with a partner but it can be done solo too. Pick a weight you can lift for about 12 reps before fatigue and take it in turns to get to 50 reps in as few sets as you can. Rest while your partner works or for 35 seconds if training solo.



5A// OVERHEAD LATERAL RAISE

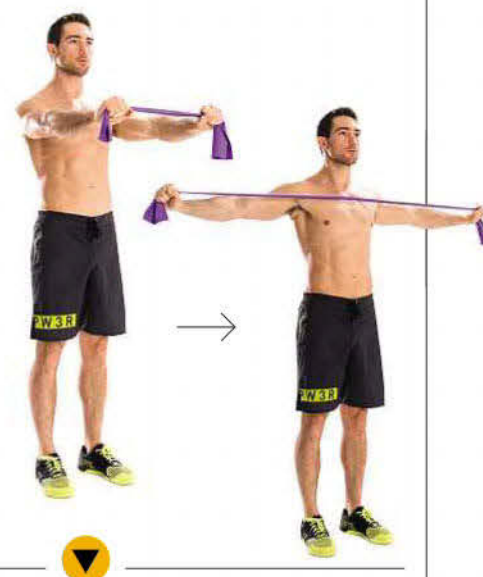
SETS 4 REPS 10 REST OSEC TEMPO 2020

Hold a light dumbbell in each hand by your sides so your palms face each other. Keeping a slight bend in your arms, slowly raise them out and up in an arc until your arms are straight overhead and palms facing forwards. Slowly return them to the start.

5B// BAND PULL-APART

SETS 4 REPS 10 REST
OSEC TEMPO 2010

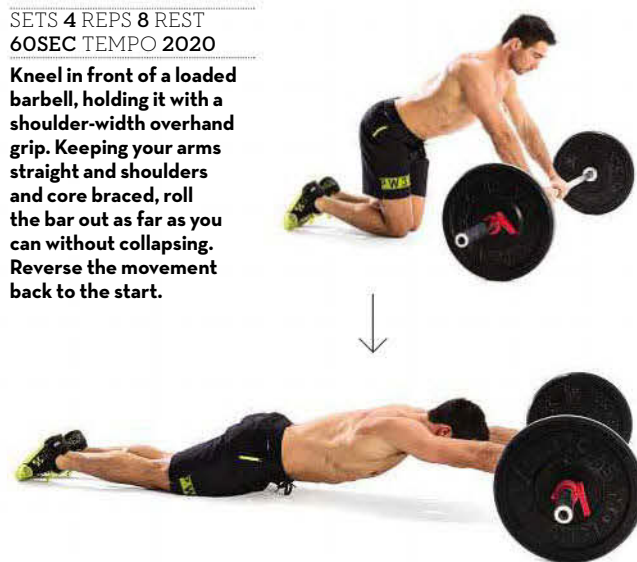
Hold a resistance band so your hands are level with your chest. Make sure the band is taut and your hands start close together. Using your back muscles, bring your hands out to your sides, stretching the band and squeezing your shoulder blades together, then reverse the move.



5C// BARBELL ROLL-OUT

SETS 4 REPS 8 REST
60SEC TEMPO 2020

Kneel in front of a loaded barbell, holding it with a shoulder-width overhand grip. Keeping your arms straight and shoulders and core braced, roll the bar out as far as you can without collapsing. Reverse the movement back to the start.



WORKOUT 6

CHEST, BACK & ARMS

1// BENCH PRESS

SETS 5 REPS 5+ MAX REST
60SEC TEMPO 2010

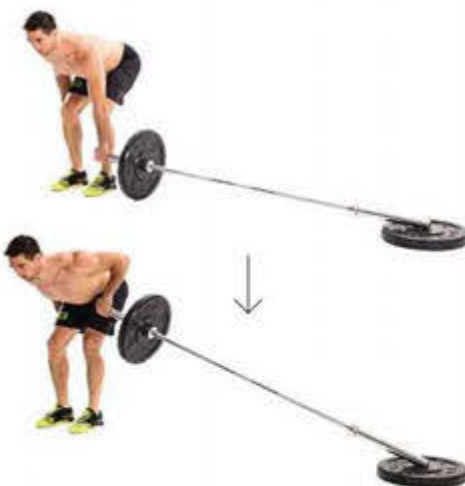
Lie on a flat bench holding the bar with an overhand grip, hands just wider than shoulder-width apart. Drive your feet hard into the floor and press the weights straight up powerfully, then lower them slowly to the start position.



2// ONE-ARM LANDMINE ROW

SETS 5 REPS 8 EACH SIDE
REST 60SEC TEMPO 2010

Place the end of a barbell into the middle of a heavy weight plate. Standing side-on to the bar, hinge forwards at your hips until your back is almost horizontal and grasp the end of the bar with an overhand grip. Keeping your core braced, row the weight up until your hand is level with your chest, then lower.



KINGSBURY SAYS
'THIS ROW VARIATION
HOMES IN ON YOUR
LATS AND IS **SURE TO**
BOOST YOUR BACK
WIDTH FOR A STRONG
V-SHAPED TORSO'

3B// ONE-ARM ROW

SETS 4 REPS 12 EACH SIDE
REST 60SEC TEMPO 2010

Rest one knee on the bench with the other leg planted wide for balance. Keep a natural arch in your back and brace your core. Keeping your elbow tucked in, lift the weight slowly to the side of your chest. Pause and return very slowly. Complete all reps on one side, then the other.



3A// FLOOR PRESS

SETS 4 REPS 8 REST 0SEC TEMPO 2010

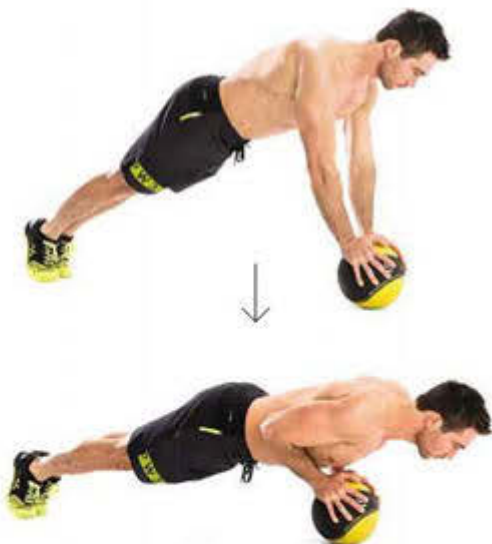
Lie down with your legs bent so the soles of your feet are flat on the floor. Roll the bar into position above the middle of your chest, holding it with your hands just wider than shoulder-width apart. Drive your feet and back into the floor and powerfully press the bar up. Lower it until your upper arms touch the floor.



4// MED BALL PRESS-UP

SETS 1 REPS 50 CLUB REST N/A TEMPO 2010

Kneel in front of a medicine ball and put your hands on the ball so your palms are almost touching and fingers pointing diagonally away from you. Press down on the ball to raise your body into a press-up position with your feet together. Bend your arms to lower your chest to the med ball, then press back up.

**5// ZOTTMAN CURL**

SETS 4 REPS 10 REST 60SEC TEMPO 3010

Hold dumbbells by your side with your palms facing forwards. Keeping your elbows close to your sides, curl the weights up to your chest. Rotate the weights so your palms face forwards again and slowly lower. Rotate the weights at the bottom and repeat.

WORKOUT 7**LEGS****1// DUMBBELL CALF RAISE**

SETS 4 REPS 10 REST 60SEC TEMPO 21X1

Holding dumbbells, stand on a step or stack of weight plates so your heels are hanging over the edge. Lower your heels slowly, pause, then tense your calves and explosively push up onto the balls of your feet. Pause at the top, keeping your calves tense, then return to the start.

**2// BACK SQUAT**

SETS 5 REPS 5+ MAX REST 2MIN TEMPO 2010

With your feet just wider than shoulder-width apart, rest the bar on the back of your shoulders. With your chest up and core braced, squat down until your thighs are at least parallel to the floor. Drive back up through your heels to stand.

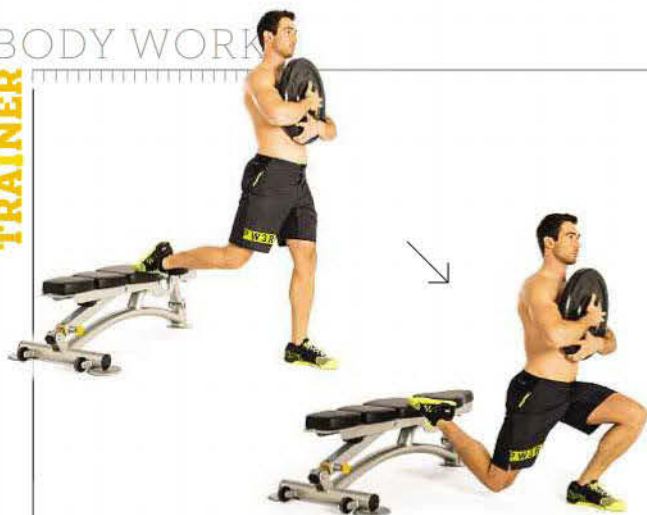


KINGSBURY SAYS 'THE TECHNIQUE IS HARDER TO MASTER THAN BACK SQUATS BUT THEY'RE WORTH THE TROUBLE. YOUR QUADS WILL HATE YOU AT FIRST BUT BE THANKING YOU AS YOUR THIGHS QUICKLY GROW'

**3// FRONT SQUAT**

SETS 1 REPS 50 CLUB REST N/A TEMPO 2010

Rest the bar across your upper chest with your hands holding it in place and your elbows as high as you can get them. Keeping your chest up and back straight, squat down until your thighs pass parallel, then drive back up.



4// BULGARIAN SPLIT SQUAT

SETS 4 REPS 10 EACH SIDE REST 60SEC TEMPO 2010

Hold the weight plate to your chest and place one foot on a bench behind you. Bend your front leg to lower your body, keeping your chest up and front knee in line with your toes. Drive back up through your front foot to return to the start.



5// GOOD MORNING

SETS 4 REPS 8 REST 60SEC TEMPO 2010

Stand holding a barbell on the back of your shoulders, not your neck. Slowly bend forwards at your hips, keeping your legs and back straight. Bend until you feel a stretch in your hamstrings, then rise back to the start.

6// DRAGON FLAG

SETS 4 REPS 8 REST 60SEC TEMPO 4111

Lie on a flat bench, gripping the seat. Keeping your legs straight and together, brace your core and glutes and raise your body until it's vertical, with your weight on your upper back and shoulders, not your neck. Slowly lower your body until it's horizontal again.



WORKOUT 8

CHEST, BACK & ARMS

1// PULL-UP

SETS 5 REPS 5+ MAX REST 2MIN TEMPO 2010

Grasp a bar with an overhand grip so your palms are facing away from you and your hands are double shoulder-width apart. Contract your upper back muscles to help pull your sternum towards the bar. Then lower under control. If you can handle five reps easily, add weight using a weight belt or by holding a dumbbell between your feet.



2// INCLINE BENCH PRESS

SETS 5 REPS 10 REST 60SEC TEMPO 2010

Lie on a bench set at a 45° angle, holding the bar with an overhand grip, hands just wider than shoulder-width apart. Drive your feet into the floor and press the bar straight overhead before lowering slowly.





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3// WEIGHTED PRESS-UP

SETS 1 REPS 50 CLUB
REST N/A TEMPO 2010

Perform a standard press-up with hands shoulder-width apart, but get a training partner to place a weight plate flat on your mid-to-upper back. Lower your chest to the floor or get your partner to remove the weight when you need to rest. No training partner? Do normal press-ups but take three seconds to lower, every rep.



4// RING INVERTED ROW

SETS 1 REPS 50 CLUB
REST N/A TEMPO 2010

Hold the rings and hang so your body forms a straight line, with your heels on the floor and your core braced. Squeeze your shoulder blades together and pull yourself up, drawing your hands towards your armpits. Pause, then lower slowly.



5A// BARBELL BICEPS CURL

SETS 3 REPS 20 REST
OSEC TEMPO 2010

Hold a barbell with your hands shoulder-width apart, palms facing forwards. Keeping your elbows close to your sides and without leaning back, curl the weight up to your chest. Squeeze your biceps hard, then lower the weights slowly.



KINGSBURY SAYS 'USE A WEIGHT YOU CAN CONTROL FOR THE BICEPS CURLS RATHER THAN GOING TOO HEAVY AND MISSING REPS, AND THIS SUPERSET WILL SUPERSIZE YOUR ARMS'



5B// SLOW NEGATIVE CHIN-UP

SETS 3 REPS 1 REST 90SEC TEMPO N/A

Stand under a pull-up bar and jump up to grab it with an underhand grip, hands shoulder-width apart, so that your chin is above the bar. Squeeze your core, biceps and upper back muscles hard and lower yourself as slowly as you can - aim to take 30 seconds. When your arms are straight at the bottom, drop to the floor.

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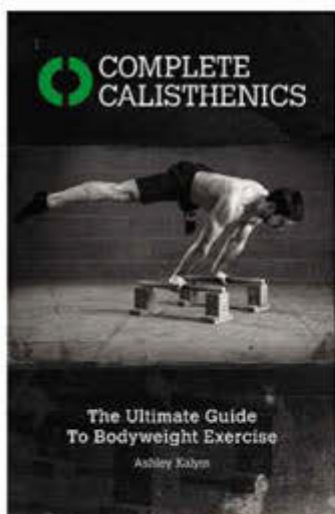
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- Maximum user weight: 136kg (21 stones approx)
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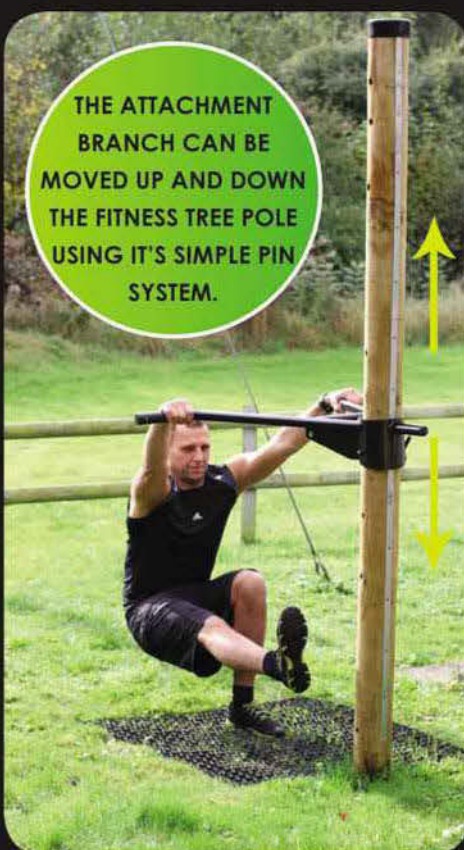
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TWEET SCIENCE

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With the boys @Ironfit_tv down @T13. Gave them 2 seconds to take this picture before I collapsed & cried. #ironfit Jamie Dornan @JamieDornan
But perhaps if he performed the move in a more stimulating environment, the 50 Shades Of Grey star would have less trouble, ah, keeping it up



Trying to learn to track stand on rollers. Never knew there was so many different ways to crash in your own kitchen.

Michael Hutchinson @Doctor_Hutch

Nice to know that even the experts can come a cropper on cycle rollers, like anyone else



FYF QOTD 'Go home and put a roll of toilet paper in the freezer if you want to be able to wipe your ass tomorrow.'

#gymjones

John Frieh @JohnFrieh

Fridays at the gym where they trained the 300 and *Man Of Steel* stars are always interesting. The first F of FYF doesn't stand for 'fun'



Partial reps into full reps - you can do this with any muscle...

Great way to shock the muscles...

Kirk Miller @kirk_abs_miller

Frequent *MF* cover model Miller is always full of advice on tricking your body into growth



If you want new levels of 'success', you better have systems for new levels of crises. Twin sisters.

Tim Ferriss @tferriss

The Four-Hour Body guru knows that for risk-takers, triumph and disaster go hand in hand



A Serena Williams full blooded, double handed backhand with full body turn and knee down telemark finish is one of the sights of world sport

Matthew Pinsent @matthewcpinsent

Always nice to hear all-time greats waxing lyrical about each other



If it doesn't involve training, eating or business, I am out.

Conor McGregor @thenotoriousMMA

It's unclear how the Irish featherweight fits 'trash-talking opponents' under this banner, but we'll allow it



Never fear failure, fear never learning from failure. #nevergiveup

John Cena @JohnCena

Regular Olympic lifting Vines from the WWE champ suggest that he's good at learning from the occasional mistake



Working out seems to be a lot easier on days when you are held accountable by others. #trainingpartner

Jason Khalipa @JasonKhalipa

When the former CrossFit Games champ needs a buddy to get him through, you know it was a tough session



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